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SPECIAL REPORT: Gays in Sports

HERO

October 2000

Hot Jocks
Sports Champions We Love

Get the Guy!
He's waiting on p. 10

Plugged In
The Electric Car Has Arrived.

Greg Berlanti
On Dean Cain, Directing in Hollywood and Dawson's Creek

Foot Fetish
Shoes to Drive You Crazy

Très Gay
Fall in Montrèal

Hot Yoga
Why Madonna is so Flexible

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gabriel caldwell
basketball jock

Powerful Therapy That Fits the Way You Live

LOWER VIRUS LEVELS—LONGER

SUSTIVA is effective long-term in combination treatment of HIV-1 infection. In clinical studies, combination therapies containing SUSTIVA were proven superior to an indinavir or a nelfinavir containing regimen in lowering the virus to levels that were undetectable.[1] In one study, SUSTIVA in combination with two NRTIs kept it at those levels for more than two years.[2]

TAKE IT JUST ONCE A DAY

SUSTIVA fits the way you live because you take it just once a day. Bedtime dosing is recommended during the first few weeks to improve tolerability of nervous system symptoms. It can be taken with or without meals, however high-fat meals should be avoided. There's no need to drink lots of liquid.

GENERALLY TOLERABLE SIDE EFFECTS

SUSTIVA is generally well tolerated, with no long-term toxicities observed.

SAFETY INFORMATION

Many patients have dizziness, trouble sleeping, drowsiness, trouble concentrating, and/or unusual dreams a few hours after starting SUSTIVA. They tend to go away after you have taken the medicine for a few weeks. A small number of patients have had severe depression, strange thoughts, or angry behavior. If you have these symptoms, you should contact your doctor immediately to discuss your therapy. There have been a few reports of suicide, but SUSTIVA has not been established as the cause. Mild to moderate rash is a common side effect of SUSTIVA. Women should not become pregnant while taking SUSTIVA because birth defects have been seen in animals given SUSTIVA. SUSTIVA should not be taken by patients who are also taking any of the following: Hismanal® (astemizole), Propulsid® (cisapride), Versed® (midazolam), Halcion® (triazolam), or ergot derivatives as there is the potential for serious and/or life-threatening side effects.* See Patient Information about SUSTIVA on the following pages.

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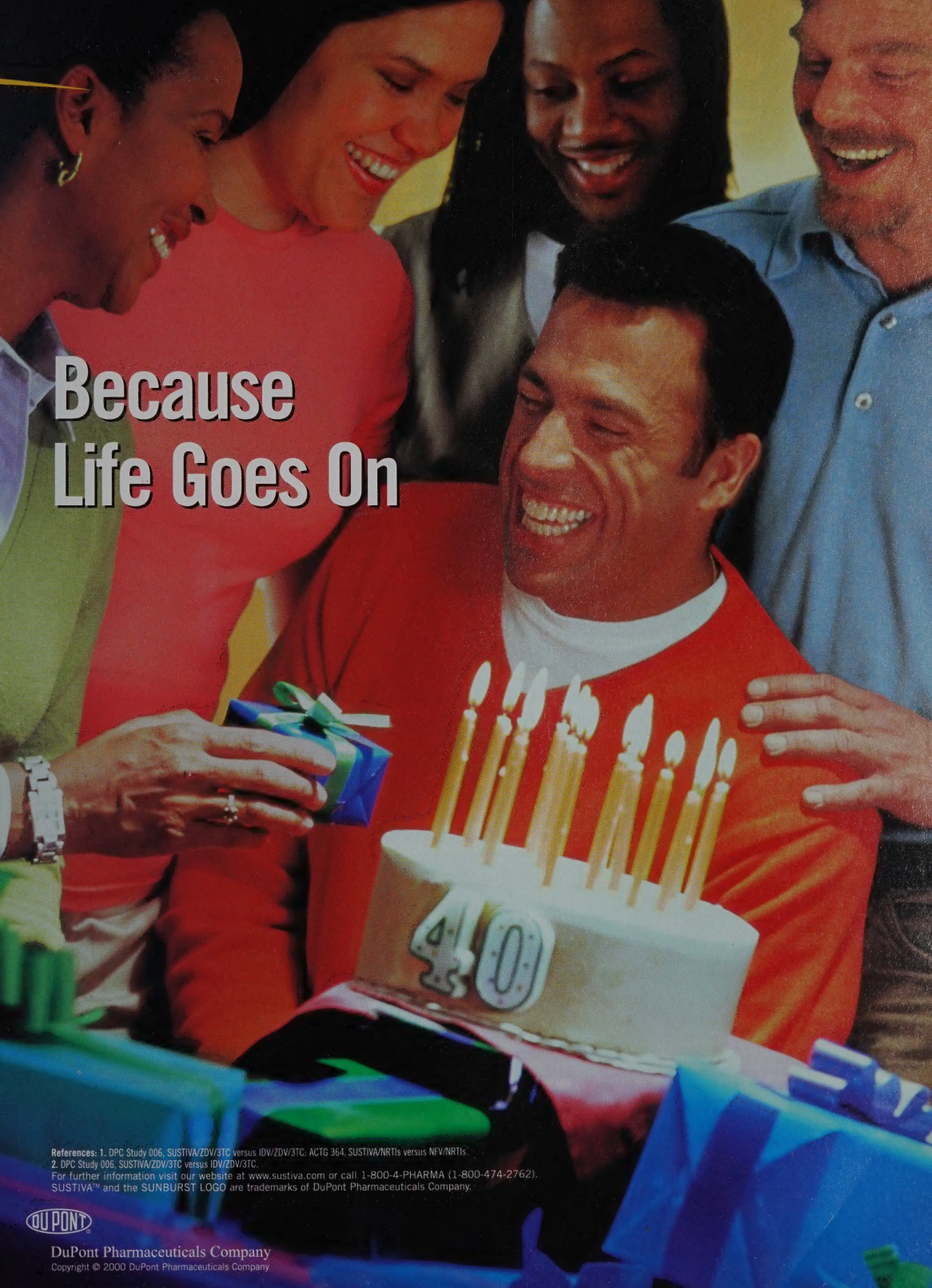
Once Daily
SUSTIVA™
efavirenz



References: 1. DPC Study 006, SUSTIVA/ZDV/3TC versus IDV/ZDV/3TC; ACTG 364, SUSTIVA/NRTIs versus NFV/NRTIs.
2. DPC Study 006, SUSTIVA/ZDV/3TC versus IDV/ZDV/3TC.

For further information visit our website at www.sustiva.com or call 1-800-4-PHARMA (1-800-474-2762).

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Once Daily
SUSTIVA™
efavirenz

SUSTIVA™ (efavirenz) capsules

Patient Information about SUSTIVA* (sus-TEE-vah) for HIV (Human Immunodeficiency Virus) Infection
Generic name: efavirenz (eh-FAH-vih-rehnz)

Please read this information before you start taking SUSTIVA. Read it again each time you refill your prescription, in case there is any new information. Don't treat this leaflet as your only source of information about SUSTIVA. Always discuss SUSTIVA with your doctor when you start taking your medicine and at every visit. You should remain under a doctor's care when using SUSTIVA. You should not change or stop treatment without first talking to your doctor.

What is SUSTIVA?
SUSTIVA is a medicine used to help treat HIV, the virus that causes AIDS (acquired immune deficiency syndrome). SUSTIVA is a type of HIV drug called a "non-nucleoside reverse transcriptase inhibitor" (NNRTI).

How does SUSTIVA work?
SUSTIVA works by lowering the amount of HIV in the blood (called "viral load"). SUSTIVA must be taken with other anti-HIV medicines. When taken with other anti-HIV medicines, SUSTIVA has been shown to reduce viral load and increase the number of CD4 cells (a type of immune cell in blood). SUSTIVA may not have these effects in every patient.

Does SUSTIVA cure HIV or AIDS?
SUSTIVA is not a cure for HIV or AIDS. People taking SUSTIVA may still develop other infections associated with HIV. Because of this, it is very important that you remain under the care of your doctor.

Does SUSTIVA reduce the risk of passing HIV to others?
SUSTIVA has not been shown to reduce the risk of passing HIV to others. Continue to practice safe sex, and do not use or share dirty needles.

How should I take SUSTIVA?
- The dose of SUSTIVA for adults is 600 mg (three 200 mg capsules, taken together) once a day by mouth. The dose of SUSTIVA for children may be lower (see **Can children take SUSTIVA?**).
- Take SUSTIVA at the same time each day. You should take SUSTIVA at bedtime during the first few weeks or if you have side effects, such as dizziness or trouble concentrating (see **What are the possible side effects of SUSTIVA?**).
- Swallow SUSTIVA with water, juice, milk, or soda. You may take SUSTIVA with or without meals; however, SUSTIVA should not be taken with a high fat meal.
- Do not miss a dose of SUSTIVA. If you forget to take SUSTIVA, take the missed dose right away. If you do miss a dose, do not double the next dose. Carry on with your regular dosing schedule. If you need help in planning the best times to take your medicine, ask your doctor or pharmacist.
- Take the exact amount of SUSTIVA your doctor prescribes. Never change the dose on your own. Do not stop this medicine unless your doctor tells you to stop.
- When your SUSTIVA supply starts to run low, get more from your doctor or pharmacy. This is very important because the amount of virus in your blood may increase if the medicine is stopped for even a short time. The virus may develop resistance to SUSTIVA and become harder to treat.

Can children take SUSTIVA?
Yes, children who are able to swallow capsules can take SUSTIVA. Rash may be a serious problem in some children. Tell your child's doctor right away if you notice rash or any other side effects while your child is taking SUSTIVA. The dose of SUSTIVA for children may be lower than the dose for adults. Capsules containing lower doses of SUSTIVA are available. Your child's doctor will determine the right dose based on your child's weight.

Who should not take SUSTIVA?
Do not take SUSTIVA if you are allergic to SUSTIVA or any of its ingredients.

What other medical problems or conditions should I discuss with my doctor?
Talk to your doctor right away if you:
- Are pregnant or want to become pregnant
- Are breast-feeding
- Have problems with your liver, or have had Hepatitis
- Start or change any medicine
- Have side effects while taking SUSTIVA
- Have a history of mental illness, substance or alcohol abuse

What are the possible side effects of SUSTIVA?
A small number of patients have had severe depression, strange thoughts, or angry behavior. Some patients have had thoughts of suicide and a few patients have actually committed suicide. These problems tend to occur more often in patients with a history of mental illness. You should contact your doctor immediately if you think you are having these symptoms, so your doctor can decide whether you should continue to take SUSTIVA.

Many patients have dizziness, trouble sleeping, drowsiness, trouble concentrating, and/or unusual dreams a few hours after starting treatment with SUSTIVA. These feelings may be less noticeable if you take SUSTIVA at bedtime. They also tend to go away after you've taken the medicine for a few weeks. If you have these side effects, such as dizziness, it does not mean that you will also have severe depression, strange thoughts or angry behavior. Tell your doctor promptly if any of these side effects continue or if they bother you. There is the possibility that these symptoms may be more severe if SUSTIVA is used with alcohol or mood altering (street) drugs. You should avoid driving or operating machinery if you are having these side effects.

One of the most common side effects is rash. These rashes usually go away without any change in treatment. In a small number of patients, rash may be serious. If you develop a rash, call your doctor promptly.

Other common side effects include tiredness, upset stomach, vomiting, and diarrhea. However, this is not a complete list of side effects reported with SUSTIVA when taken with other anti-HIV drugs. Do not rely on this leaflet alone for information about side effects. Your doctor can discuss a more complete list of side effects with you.

Please contact your doctor immediately before stopping SUSTIVA because of side effects. Tell your doctor or other healthcare provider if you notice any side effects while taking SUSTIVA.

What about birth control, pregnancy, or breast-feeding?
Women should not become pregnant while taking SUSTIVA. Birth defects have been seen in animals treated with SUSTIVA. It is not known whether this could happen in humans. You should use a condom or diaphragm in addition to other methods of birth control while taking SUSTIVA. Inform your doctor immediately if you are pregnant. If you want to become pregnant, talk to your doctor. Do not take SUSTIVA if you are breast-feeding. Talk to your doctor if you are breast-feeding your baby.

Can I take other medicines with SUSTIVA?
SUSTIVA may change the effect of other medicines (including ones for HIV). Your doctor may change your medicines or change their doses. For this reason, it is very important to:
- Let all your doctors and pharmacists know that you take SUSTIVA.
- Tell your doctors and pharmacists about all medicines you take. This includes those you buy over-the-counter and herbal or natural remedies.

Bring all your medicines when you see a doctor, or make a list of their names, how much you take, and how often you take them. This will give your doctor a complete picture of the medicines you use. Then he or she can decide the best approach for your situation.

The following medicines may cause serious and life-threatening side effects when taken with SUSTIVA. You should not take any of these medicines while taking SUSTIVA**:
- Hismanal® (astemizole)
- Propulsid® (cisapride)
- Versed® (midazolam)
- Halcion® (triazolam)
- Ergot medications (for example, Wigraine® and Cafergot®)

The following medicines may need to be changed or have their dose changed when taken with SUSTIVA**:
- Crixivan® (indinavir)
- Fortovase® (saquinavir)
- Biaxin® (clarithromycin)

How should I keep SUSTIVA?
SUSTIVA is available as 50 mg, 100 mg, and 200 mg capsules.

Keep SUSTIVA at room temperature (77°F) in the bottle given to you by your pharmacist. The temperature can range from 59°-86°F.

Keep SUSTIVA out of the reach of children.

How can I learn more about SUSTIVA?
Talk to your doctor or other healthcare provider if you have questions about either SUSTIVA or HIV. For additional information you can visit the SUSTIVA website at http://www.sustiva.com.

This medicine was prescribed for your particular condition. Do not use it for any other condition or give it to anybody else. Keep SUSTIVA out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, contact your local poison control center or emergency room immediately.

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ngltf

National Gay and Lesbian Task Force

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TEL 202/332-6483 • FAX 202/332-0207
EMAIL ngltf@ngltf.org • WEB www.ngltf.org

Since our inception in 1973 we have worked to eliminate prejudice, violence and injustice against gay, lesbian, bisexual and transgendered people at the local, state and national level. As part of a broader social justice movement for freedom, justice and equality, we are creating a world that respects and celebrates the diversity of human expression and identity where all people may fully participate in society.

freedom justice equality

coming in november!

Creating Change 2000

13th Annual Convention for the gay, lesbian, bisexual and transgender movement!

November 9-13 -Westin Peachtree Plaza-Atlanta, GA

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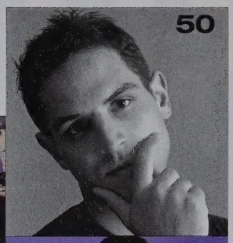

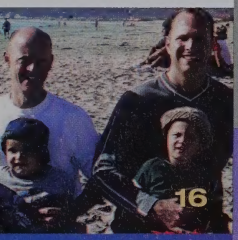

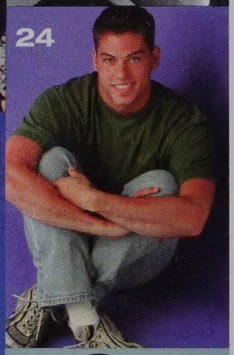

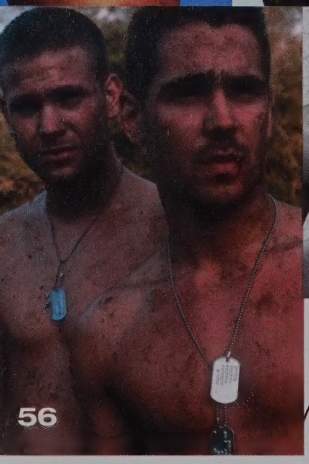

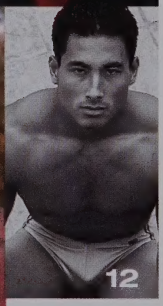

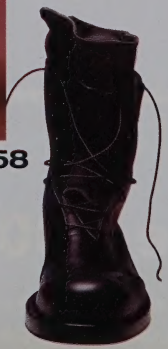

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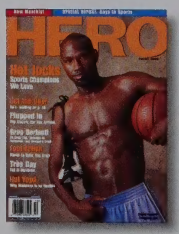

COVER: Gabriel Caldwell photographed by John Skalicky.

André was looking for a meaningful relationship based on mutual support and understanding – in the meantime, Jim would do.

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say it the French way... "Ah-lee-zay"

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HERO
magazine

he•ro \ *n* [L, fr. Gk *heros*] (14c) **1. a mythological or legendary figure often of divine descent endowed with great strength or ability 2. a man admired for his achievements and noble qualities 3. one that shows great courage 4. an object of extreme admiration and devotion.**

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letters

NO TOBACCO!

Shame on HERO! Twice in HERO 10 you loaned a degree of legitimacy to cigar smoking. The photo on page 76 clearly sends the message that smoking is chic. The comment in the Bachelor Party article which suggests "smoke some cigars" suggests that occasional cigar smoking is OK. I did not think I needed to remind a magazine that runs a health and fitness column and that does not accept tobacco ads of the long term health risks associated with smoking. HERO needs to ensure that it does not send out conflicting messages on the subject of smoking. Not that AIDS is not a significant public health issue, but with more gay men smoking per capita than straight men, we as a community will suffer significant loss and disability, more so than we have with AIDS, if we do not take a militant stand against tobacco in all its forms. HERO needs to decide which side of the fence it is on.

Robert G.
Via email

[*It was a personal decision to not accept tobacco ads in HERO, because I don't want to contribute to the tobacco media machinery. I am also aware that many HERO readers smoke, and I am quite sure they are aware of the health risks involved. However, I do not feel it is appropriate for me to censor any and all references to smoking in HERO. This magazine is about taking control of your life, health, family, and relationships, and once our readers have taken that on, I leave it to them to do the right thing. –Ed.*]

LOVED THAT WEDDING ISSUE!

My partner and I, together for four years, were going through one of those relationship slumps; not communicating enough, busy summer schedules, feeling disconnected, everything felt off track. In fact, our own plans for a wedding next October had stalled. That is until I picked up HERO this past Friday and read it cover to cover in one sitting. The stories of the couples (and Sam's AIDS ride) not only brought tears to my eyes more than once, but they also reminded me about how important my own relationship is with my partner, and why we were in love in the first place. HERO gently reminded me to stop focusing on the little day-to-day doldrums and refocus on the bigger picture of our relationship. Since then we have had some incredible heartfelt conversations and taken some time for just "us". Needless to say we are back on track for our own wedding. Please keep up the great work and thanks for making a difference!

Scott H.
Via email

PRAISE FROM A STRAIGHT GIRL

I am not gay, but I picked up your mag after hearing a sarcastic comment that Dan Savage made about your magazine. I was quite impressed. You're not vulgar and you don't attack the world (ie. anyone who does not understand or accept homosexuality). You don't bash Christians. You seem quite devoted to families, and in a previous issue you actually asked a man who came out how his former wife took it. Most other magazines would not have cared! Your articles on relationships appear to be genuine in that the goal is to find someone to share your life with as opposed to just having sex. In short, for someone like me you really have put a face on "being gay." You have shown me that you are not just annoying activists or decadent sex freaks, but human beings with the same ups and downs, positive and negative qualities like everyone else.

Lisa
Via email

I was roaming the bookstore in a depressed and bad mood, when I caught a glimpse of two men in tuxedos on your magazine. I assumed it would be yet another reminder that I don't fit into the steroid/circuit gay stereotype. But I had never seen a gay magazine like this before. I bought the current HERO, and as I read it at home, I cried and cried (and I'm rarely emotional—it struck something in me). There in the pages were things that I've dreamed about but never thought I could have—love, marriage and the hope that someday all of my dreams would come true. Honestly,

your magazine really spoke to me and I can't thank you enough. Plus, I really can't cook, but I was able to cook all three recipes in the magazine, much to the shock of my roommate!

Julien-Jordan M.
Via email

I would like to applaud your outstanding work with the Wedding Guide. Your current issue makes me want to get married tomorrow. Thanks to HERO I now know how to plan my wedding, from caterers to venues. Now I only need to find my Mr. Right. I love the stories from those six couples; they are very inspirational!

double issue
"ONE OF THE 10 BEST NEW MAGAZINES"
HERO
The First Ever Gay Men's Wedding Guide!...
How Fit Are You?
MTV Undressed
Betty Buckley: Heart to Heart
Dress it Up! Tuxes for Guys

Todd
California

I read the June/July issue cover to cover and immediately sent in my subscription. The next issue was equally satisfying. I have to admit that I did tear up several times while reading the articles in the wedding guide. You have something for everyone, both single and married! Most of all, your magazine gave me hope again. I am not alone in the world and your magazine makes me feel "normal." I am not even embarrassed to bring it into the office! Keep up the great work.

Brett M.
Via email

You clearly had a wonderful time putting together your marriage issue, and I had a great time reading it. Those members of the gay press and gay literati who have for so long championed promiscuity as our natural birthright are, to my mind, completely out of touch with human needs as most of us experience them. Your publication is the antidote. To the marriage nay-sayers, writer Michael Rowe had the perfect rejoinder: "Trust me, no one else in the world is as happy as a couple on their wedding day."

Barry H.
Via email

UNDRESSED WAS TRASHY

I didn't like the article about "Undressed". I am disappointed that the only decent gay magazine is promoting such an immoral and trashy television show. The fact that it's gay-inclusive doesn't make it a good thing. It is pretty much erotic fiction and soft-core pornography. I don't think that is appropriate material for your magazine, and I think it lowers your image and respect.

Chad S.
Fredonia, NY

[As gay writers we know better than to make moral judgements about anything, and we did acknowledge the show was trashy. However, keep in mind that Will and Grace is preaching to the choir—a show like MTV Undressed, with positive portrayals of gays and lesbians aimed at the college crowd, has the potential to do more for changing opinions about the need for gay civil rights than even political lobbying. Don't let your own moral judgements cloud your ability to see the net result of this show. –Ed.]

WRITE!
Letters c/o
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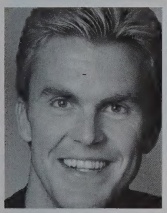
Los Angeles, CA 90048

or via email: feedback@heromag.com
Letters may be edited for clarity.

contributors

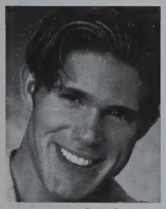


Jon Giswold

Chris Measom

JON GISWOLD is best known for his work with Reebok/Sports Club New York and CRUNCH. His best-selling book *Basic Training: A Fundamental Guide to fitness for Men* is now interactive on his website, jongiswold.com. Jon's Health & Fitness column is a HERO regular.

CHRIS MEASOM lives in New York, but circles the globe as a travel freelancer. "Part of the joy of travel is coming home," he says; he shares that home with his boyfriend Tim.



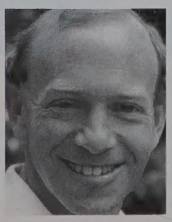
Ben Patrick Johnson

Steve Siler

BEN PATRICK JOHNSON has raked muck in a variety of media—as senior correspondent on the TV show *Extra,* on ABC Radio and for Reuters International. His first novel, a semi-autobiographical look at his exploits in Hollywood, will be published by Palari press in 2001. Ben interviews Tori Fixx and wrote on the Gay Games in this issue.

STEVE SILER is a freelance automotive journalist whose work is featured regularly in national automotive and specialty publications. Siler was born and raised in Los Angeles, and is proud to be one of the few openly-gay automotive journalists in the business.

John Skalicky



Dan Woog

JOHN SKALICKY, a Los Angeles native, has been shooting a varity of commercial work for the last 10 years. He has shot advertising and editorial work for such clients as *Muscle & Fitness, Code, Audio/Video Interiors, Car Audio and Electronics,* Geffen Records, Toyota and Lexus.

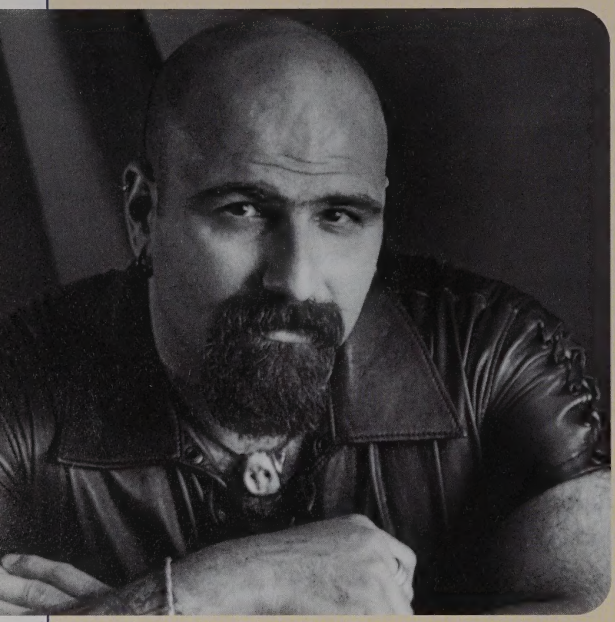
DAN WOOG, a freelance writer and openly gay high school soccer coach in Westport, CT, is the author of *Jocks: True Stories of America's Gay Male Athletes.* He provides anti-homophobia workshops for high school and college coaches and athletes across the country. Dan wrote the introduction to this issue's sports features.

CHRISTOPHER WYNN (not pictured) is a contributing commentator for National Public Radio. His essays and articles have appeared in a variety of publications and online at the Gay Financial Network. He is the Dallas Metro Editor and also wrote on sports clubs in this issue.

CHRISTIAN DE LA HUERTA (not pictured) is the author of *Coming Out Spiritually,* which was named one of the 10 best religion books of 1999 by *Publishers Weekly.* Christian hosts a weekly internet radio program, Spirit Wave, at gaybc.com, and is the founder of Q-Spirit, a national network of gays and lesbians in spirituality.

Bachelor Party

Daniel
Frank
Kirk
Lakegan



Frank

HIV Prevention Coordinator
San Francisco, CA
frank11@heromag.com

VITALS: 35 years old, 6-feet-2-inches, brown hair and eyes

WHY YOU'LL LOVE HIM: He's got "directness gloved in velvet," and says he's sensual, funny and honest.

WHAT'S SEXY? "Sometimes it's the bit of skin peeking out of an open shirt or a man in jockeys doing an everyday chore. Sometimes it's a smile and twinkling eyes."

WHAT HE WANTS: A good communicator, who's honest and has "an independent streak, and knows the difference between being single and being available."

FAVORITE COMFORT FOODS: Pizza, sushi and hamburgers.

THE BIG PICTURE: It's the simple things that matter to Frank. "Laughter, the look on someone's face when they realize that fantasy and dreams can come true if you make them happen."

Kirk

Construction Worker
Orem, UT
kirk11@heromag.com

VITALS: 35 years old, 6-feet tall, brown hair/blue eyes

WHY YOU'LL LOVE HIM: "The deepness of my eye color, and a nice butt." He also says he's "easy going and easy to get along with."

WHAT'S SEXY: "Waking up in the wee hours of the morning and seeing the soft outline from the light that shines through the cracks from the window. It could be the jawline of his face or the outline of his shoulder."

WHAT HE WANTS: "I don't want a one-night or three-month sex stint...I want a real man who is a real person inside." Among the qualities he's looking for: compatibility, honesty, dedication, optimism, faithfulness, originality, character. "I also try really hard to be the kind of person that I'm looking for."

HARDEST PART ABOUT DATING: "It takes time to find the right person with just the right qualities. It's so easy to settle for less."

THE BIG PICTURE: "I believe that people work best as teams and in teams. It's where brilliant brainstorming happens."

Join the Party—Meet Guys Now!

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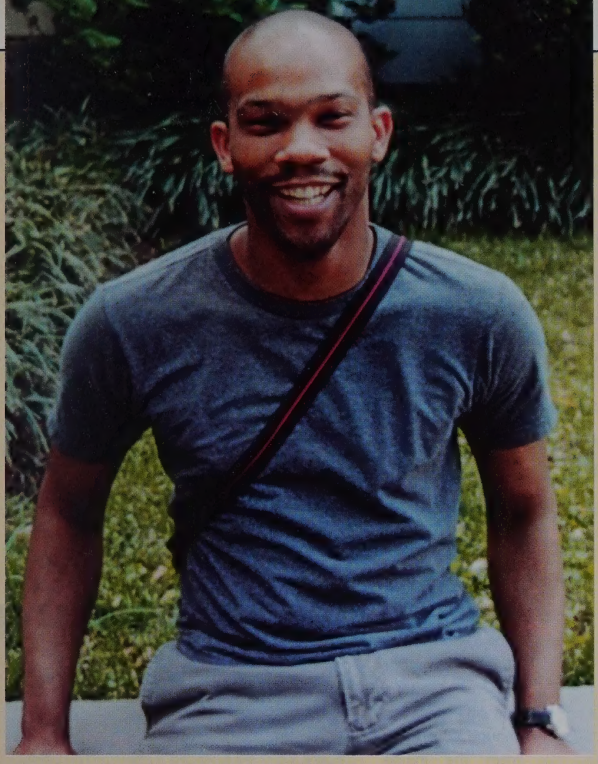


Lakegan

Software Researcher
Atlanta, GA
lakegan11@heromag.com

VITALS: 26 years old, 5-feet-7 inches tall, black hair/brown eyes.

WHY YOU'LL LOVE HIM: "My giving heart and my smile."

WHAT'S SEXY? "A beautiful, romantic gentleman with a nice smile."

WHAT HE WANTS: An intelligent guy with a warm heart who's also romantic, funny, honest and confident.

HARDEST PART ABOUT DATING: "Finding things to wear! And it's hard for people to open up and let their dates get to know their real self."

FAVORITE TV SHOW: *Sex in the City*. "The women and men are absolutely beautiful, talented and funny—I also like *Felicity*, *Moesha*, *The Parkers* and *Will & Grace*."

THE BIG PICTURE: "I'm happiest when I travel. I like to experience different things, foods, peoples and cultures."

Daniel

Hairstylist
Los Angeles, CA
daniel11@heromag.com

VITALS: 39 years old, 6-feet tall, black hair/dark-brown eyes

WHAT HE DOES FOR A LIVING: He styles hair for film and TV (currently for *Ally McBeal*). "It's more fun than working in a hair salon. I work on some of the most beautiful people and I get to watch grips carry heavy equipment all day long."

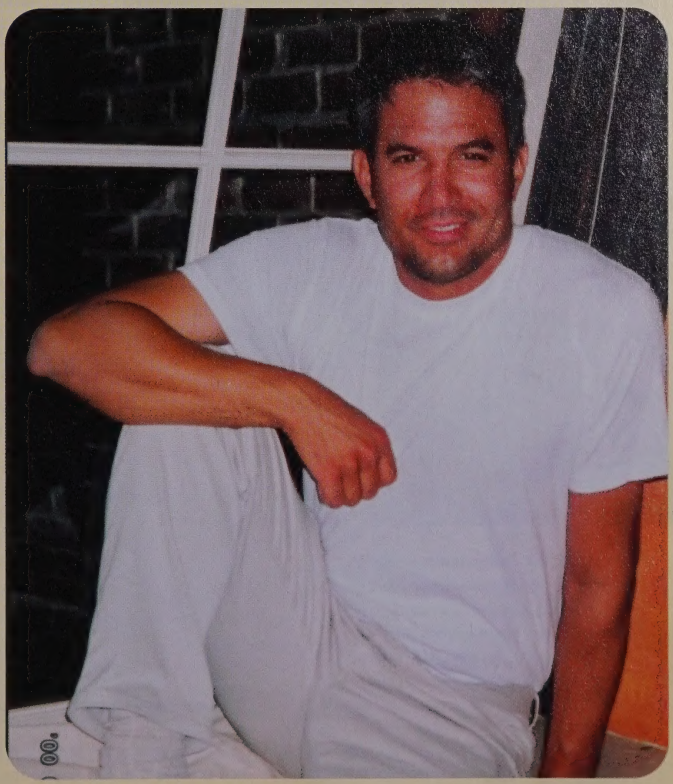
WHY YOU'LL LOVE HIM: He lives his life with gusto, being present in every moment, and says he's "affectionate without fear of rejection or judgment."

WHAT'S SEXY? "Well worn clothes that are stylish and hint." He likes Jockey mid-rise briefs by day and Calvin Klein cotton boxers by night.

WHAT HE WANTS: A guy who has "a refined sensuality coupled with animal magnetism, and a great sense of his place in the world."

FAVORITE TV SHOW: Besides *Ally*, he also loves *Sex in the City*.

THE BIG PICTURE: Someday, "after winning the lottery, I'd like to travel with my companion."



 BY JON GISWOLD

Gonna Make You Sweat

MADONNA, GWYNETH, STING...AND YOU!

There has been such an explosion of new yoga practices around the country (Power Yoga, Yogarobics, Urban Yoga, Jivamukti Yoga, Fitness Yoga) that a full day was devoted to mind/body practices at the recent IDEA (an international exercise convention) in Anaheim, CA. Yoga has become the most popular group exercise forum since step and spinning.

Part of this surge in yoga attendance is due to the fact that Madonna, Gwyneth, Sting and other celebrities have come out of their mantra to share their passion for the age-old set of exercises. They are aware that yoga has proven health benefits like increased efficiency of the heart and lungs, lower blood pressure, greater fitness levels, reduced stress, improved coordination, and increased flexibility. These celebrities have even been influenced artistically by yoga in their music and other talents.

Bikram Yoga, a demanding 26 pose series, is *hot,* and I mean that literally. The class is conducted in a heated room (around 100+ degrees Fahrenheit) to warm up your whole body, and allows you to work deep into your muscles, tendons and ligaments, to change your body from the inside out. In other yoga practices, the sun salute helps to warm your body naturally, but this takes time. The Bikram Yoga philosophy boasts that the heat element helps your body warm up through the environment of the room, and therefore you get more work in a shorter period of time. Bikram Choudhury founded the Yoga College of India in Beverly Hills, CA, in 1974. Choudhury is an Indian National Yoga Champion and is considered one of the most knowledgeable Hatha Yoga teachers in the world.

Bikram, as well as many other forms of yoga, is a process that can reduce the symptoms of many chronic diseases such as diabetes, pain relief, bulging disc/back pain, anorexia/bulimia, chronic fatigue, high cholesterol, and weight loss. It's also an excellent preventive activity for parts of the body that are already healthy. The class is designed for all levels, first time students and experienced practitioners alike. In time, you'll learn to focus your mind and control your breath, leading you to work harder, deeper and calmer. As you improve with practice, you will discover the true purpose of yoga—to unite body, mind and spirit.

Gettin' Yogi with it

Bikram Yoga is practiced in special schools and studios around the US and is now finding it's way around the world. Visit bikramyoga.combody to find a studio near you. The world headquarters is located at 630 N. La Cienega Blvd. (at Melrose) Los Angeles, CA, (310) 854-5800.

WE'RE GLAD YOU ASKED

Common Yoga Questions

1. "What if I'm not flexible?"

This the most common misconception that prevents people from coming to a yoga class. Yoga is not about how flexible you are but about strengthening your body and spine in all directions. All that matters is that you try the right way to go to your personal "edge" and you will reap 100% of the benefit.

2. "Is it a cardio workout—can I lose weight?"

No matter what your level of fitness, you will find Bikram yoga very challenging. Each posture combines flexibility, strength and balance to work your whole body from your bones to your skin. With persistence, patience, and dedication, you can lose inches and develop muscle tone and strength that might never come from other forms of exercise.

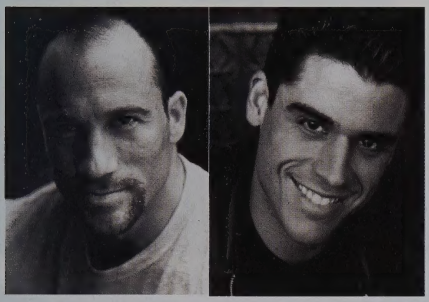
3. "Why the heated room?"

The room is intentionally heated to warm your muscles and allow you to work deeper and safer. The heat also heals, helps prevent injuries, and promotes sweating, which flushes toxins from your body.

"We were all born with wings. In times of doubt, spread them."

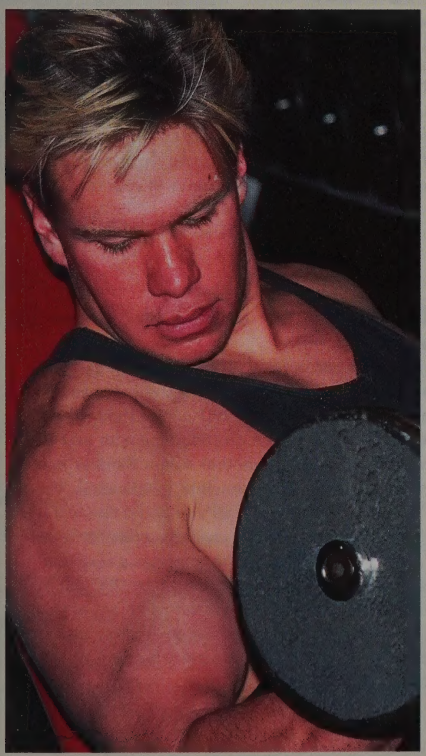
Brawny Brownies

High protein diets are getting all the attention these days, and protein bars are a fast and easy way to get your protein fix. But if Balance Bars, Power Bars, and other high protein snacks aren't your favorites, there are some sensational new taste treats that taste just like Mom made 'em.



EAT THAT PROTEIN! Protein Bakery Founders Tony Lehmenkuler and Stephen Lincoln found a market with their delectable treats.

The **Protein Bakery** is a New York based company specializing in cookies and brownies that are delicious and will make you think twice before you grab a box of Entemann's. The 1 oz. cookies provide up to six grams of protein, and come two to a pack in flavors like chocolate chip, oatmeal raisin, and peanut butter. The brownies provide up to 14 grams of protein and have decadent flavors like chocolate chip, peanut butter, and the sinful blondie. While the protein percentage isn't as high as the aforementioned bars, it's better for your abs than that donut hole! Many New York gyms and specialty stores are selling this unique comfort food—from CRUNCH to Neiman Marcus (they've also just made it across the country to the L.A. CRUNCH). With their website (theproteinbakery.com) the people that bring you this clever alternative hope to help you stay on your fitness plan without the guilt.



WHEN MR. BIG BECOMES BIGOREXIC

In our image-conscious society it's no surprise that such a large percentage of us are trying to lose weight. The superlean images of Antonio Sabato, Jr. and Marky Mark on busses and billboards across the country are constant reminders of why we are collectively skipping dessert and sipping Diet Coke.

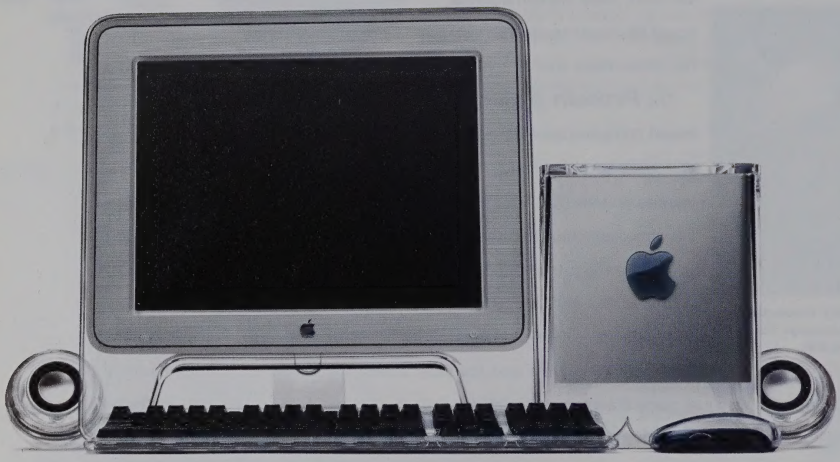
But on the other side of the spectrum are the guys who want to get bigger, not smaller. Packing on some extra muscles may fit into your fitness goals, but if you find yourself obsessing about becoming muscle-bound, you may have succumbed to a new phenomenon called bigorexia (muscle dysmorphia). Dr. Harrison Pope, a psychiatrist at McLean Hospital in Massachusetts, has helped define this disorder simply as an obsession with being muscular. It is the opposite of anorexia, and occurs mostly in men.

Bigorexic men are compelled to work out for long hours—often 6 to 7 days a week—while sometimes ignoring serious injuries to their ligaments and torn muscles. To them, bigger is better, and yet they can't be big enough. In the mirror, they see a skinny, gaunt body, of which they are continually ashamed. Some even skip social events or interaction with others because they're ashamed of how they think their bodies will be perceived. The "pathology" of bodybuilding (or any other activity) begins when the activity starts to interfere with other aspects of your life.

The only shame in any disorder is when nothing is done about it and people suffer. If you need a reality check, check out Dr. Pope's new book, *The Adonis Complex* (available at heromag.com).

boy toys

FUN STUFF



APPLE G4 CUBE

function 9 price 8 coolness 10

($1,799 street, apple.com)

While the Wintel manufacturers were scrambling to duplicate the design of Apple's insanely successful iBook and iMac, Apple was busy shrinking their basic desktop computer by 75%. The new Power Mac G4 Cube is a lightning fast supercomputer miraculously engineered into an eight-inch cube, suspended in a stunning crystal-clear enclosure. The Cube comes with built-in ethernet networking for broadband access, DVD player, and a built-in 56K modem. The $1,799 price point was a bit risky, since you can now get a faster and more expandable dual-processor G4 for $1,500. But if you wanted an "ordinary" computer, you wouldn't be reading this. With 20 gigs of hard disk space and a processor that beats the Pentium III, the Cube is perfect for an office that's short on space, or for the super-cool home office. If you've got the money to burn, throw in the exquisite $4,000 21-inch Cinema Display and you'll be the envy of your techno-geekiest friends.

PANASONIC DVD PLAYER

function 8 price 4 coolness 7

($1,099 street, panasonic.com)

Most new computers can already play DVDs, but if trying to sneak *The Next Best Thing* onto your work computer seems risky, the Panasonic LV75 portable DVD player may be the answer. Better yet, you can take it on the plane with you so you'll never have to sit through another Adam Sandler feature. If you need an even more sensible justification, the Panasonic LV75 has an S-video out, so you could connect it to your television and home stereo system, and use it as your primary DVD player. Although the screen is a comparatively whopping 7 diagonal inches, the size of the unit is diminutive, weighing under four pounds with a height of less than an inch. Additional features include built-in stereo speakers, a 35-key super slim remote control, auto power on/off, and up to four hours playback time.

"Courage is to do without witnesses what one would do before the world."

function 7 price 7 coolness 9

S3 RIO 600 MP3 PLAYER

($169 street, S3.com)

I'm just crazed about the MP3 phenomenon now, and if you aren't yet, it's time to wake up. Once you've turned your CDs into digital files or downloaded some songs from the Internet and dragged them into a portable player, you'll be hooked. Forget CDs, cassettes, minidiscs, and all the other dated media—MP3 is here to stay. The new Rio 600 is the third generation of MP3 players by the people who brought you the revolutionary Rio 300. The design is sleek, the sound is near-CD quality, and the functionality is fast and simple. With the included USB cable, it only takes about a minute to fully load the player with songs from your computer, using the Rio Audio Manager (Windows) or SoundJam (Mac). The biggest difference in this new player is the "backpack" design, which enables you to trade out the battery/memory pack for easy upgrades. Unfortunately, the 600 ships with a paltry 32 megs of memory, which is only about 9 high-quality songs (a new adapter shipping soon from IBM will allow 10-20 hours of music using the backpack upgrade). Other drawbacks to the 600 include hard to attach earphones and an oddly-designed player button. But this is still the best player currently available. If you can possibly wait, the Rio 800 will be released soon, sporting an improved, sleeker design and 64 megs of storage standard, albeit at a higher price.

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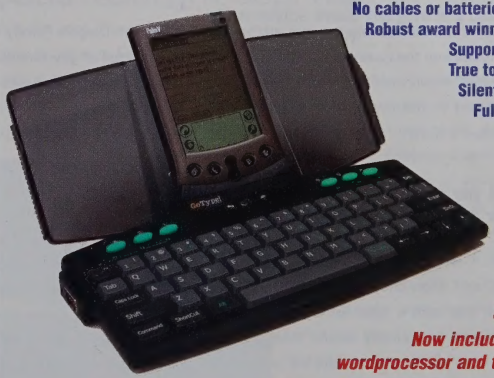

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INTERVIEW BY
JOE WHITMORE

Robert, Maben, Nicholas & Alexandru (clockwise) at San Diego Pride 2000

Making a Family

After three and a half years together, Robert and Maben wanted a family. Through an adoption from Eastern Europe, Alexandru and Nicholas are now teaching them about the world of fatherhood.

How long had you been together before you began discussing the possibility of children?

Maben: I think within the first three months of the relationship Robert started telling me how much he had always dreamed of having kids. My first reaction was...gee, that's nice, but I'm sure you'll get over it. However, the seed was planted, and before long I began to think he was really vocalizing something I had never thought possible or feasible. I grew more and more comfortable with at least talking about it—knowing that talk wasn't as dangerous as actually doing it.

Was one of you more nervous about the idea of being a dad?

Maben: I was. I was concerned for the kids in school and what abuse they might receive because of me. I was worried that I might not know what to do for my kids in many common instances. I was concerned I might be too old. (I was 45 when we adopted the boys.) I didn't think it was in me to overcome the perceived obstacles that disappeared once we became serious.

Robert: I think there is always that element of being nervous and the question of, "Will I make a good parent?" I had tried to prepare myself over the years and to put myself in many situations that included children.

How did you decide on international adoption over domestic adoption or surrogacy?

Maben: I remember being more vocal about adoption, as I knew there were already a lot of wonderful kids with a need for a loving home. I knew Robert's first choice would have been to have his own kid, but in the end he understood both the opportunity to help an existing child and the simpler aspects of adoption over surrogacy.

What were your first steps towards finding a child?

Robert: The biggest challenge was the search for an agency. First, I searched the Internet, and then San Diego's Family Matters, where we were given a list of gay-friendly agencies that provided assistance with domestic and international adoptions.

Maben: We wanted to work with an agency that knew all about us, though. We didn't want to be nine-tenths done to find out that deception didn't work. You have to be approved by an agency before they will make any presentations. That was the hardest part, because you're closely examined and feel quite vulnerable. It's a bit unnerving to have someone probe into your lifestyle to detect potential child-raising weaknesses.

Robert: We had an encouraging conversation with an agency in Pennsylvania that could handle all aspects of the adoption, from the home study to the placement of the child. We had decided on adopting from Eastern Europe, and it happened to be their specialty.

Why Eastern Europe?

Maben: It really was a question of where the agency that would work with us found their children. We knew it was most likely going to be East European—which was just fine.

Was the process complicated?

Maben: Complicated is not the right word. It is quite straightforward, if you have good agency people. I would say it was just time-consuming—filling out the paperwork, getting the needed government forms and waiting for the next steps.

Robert: I think the hardest part was the waiting period, and feeling "your destiny" is in the hands of someone else. You know you're ready for this life-long commitment, but do "they" feel you're ready? You feel as if your life is under a microscope.

How much did the adoption procedure cost?

Maben: It was about $14,000 per child, not including travel expenses.

"Great spirits have always encountered violent opposition from mediocre minds." —Albert Einstein

"They came out of the orphanage and we looked at each other with tears in our eyes and butterflies in our stomachs. We couldn't have been happier."

Once all the bureaucracy was completed, how did you actually get your boys?

Maben: There were two absolutely incredible moments. The first was receiving the bio and picture of a prospect child. You take a deep breath, and say, "Is this what we were expecting?" I don't think many parents turn down the first child presented. I'd be surprised if many said the kid matched their initial criteria, though.

The second was our first few moments together. Your heart is pounding because you want to be happy and you want the child to immediately love you, but in the end none of that matters. Your child causes you to melt and say, "How could I not take you home?"

Robert: Since we had traveled to see the boys four times before taking custody of them, our trip over was like just another trip to see them. We arrived at the attorney's office where some last minute paperwork needed to be signed. From there, they took us to the orphanage. While we waited in the car, she went in to dress the boys with the clothes that we brought. When you adopt, you get a naked child! They came out of the orphanage and we looked at each other with tears in our eyes and butterflies in our stomachs. We couldn't have been happier.

After Robert officially adopted the boys, how did you make the children legally yours together back in the United States?

Maben: Once home in California, we applied for co-parent adoption. Fortunately, California is a pro-gay adoption state. It means you have to redo a significant part of your original process; however, we wouldn't have it any other way. In our case, I am an equal parent—no different than Robert was from the beginning.

What's the best thing about being a dad?

Robert: Seeing a smile on your child's face and knowing that you were the one that put it there. It's music to your ears to hear that little voice call out "Daddy" as they look to you for reassurance.

Maben: There are so many things, but my favorite is being asked by the boys for help. I guess that is what convinced me in the end to become a dad. My life, as I knew it, was wonderful, but it was about satisfying my needs and pleasures. Becoming a dad is about finding the pleasure you receive from giving something back.

How has having children affected your relationship?

Robert: If anything, it has strengthened our relationship. We have family meetings to discuss the week's events. We consult each other about redirecting behaviors. *Positive Discipline — A to Z: 1001 Solutions to Everyday Parenting Problems* by Nelsen, Lott and Glenn is a wonderful resource to help with those tough situations.

Maben: We do find it a lot more challenging to manage our communication. The new pressures of managing a family mean your ability to work out differences is that much harder. The first three months were tough because you're working out kid things, schedule things and personal things. We also had just started a new business together and were finishing a renovation! You really need to be good at talking through any concerns. But it has also added considerably to our relationship. We definitely have many more highs—especially now after 11 months when we see changes in the boys that we know we as a couple brought about.

What are your favorite things to do as a family?

Robert: Alexandru was 2-and-a-half and Nicholas was just 2 when they came home with us. Since they had gone without in many aspects of their life, everything was new. Our all-time favorite thing is to swim in the pool. They love to swim and are getting quite good at it. Each day, they grow more confident in their abilities. Our other favorite is going to the park to play baseball or soccer.

Maben: Sticky buns on Saturday morning, an afternoon at the zoo learning more about animals that I ever had in the past, shopping together, reading a bedtime story, and going out to dinner with our gay friends and giving them a peek at life on the father-side!

How do your families' feel about your being parents?

Robert: My parents are over the moon about our adoption. They couldn't be more delighted about us as a couple and as parents to two wonderful little boys. Two weeks after we returned home with the boys, my whole family came to San Diego to welcome the two new additions to the family.

Maben: My own family is very traditional, and we had a hard time at first. My parents felt awkward about what the boys should call them. Unfortunately, the solution was a compromise. My brother and his wife still haven't met them, but my sister and her husband have been very supportive and visited us earlier this year. I hope things continue to improve, as I would really like the boys to have two loving families behind them.

Will you adopt other children?

Maben: We'll wait two more years before trying to find them a sister. We would like the boys to want a sister and understand what's happening so they feel part of the process. We don't want them to think we will be dividing our love.

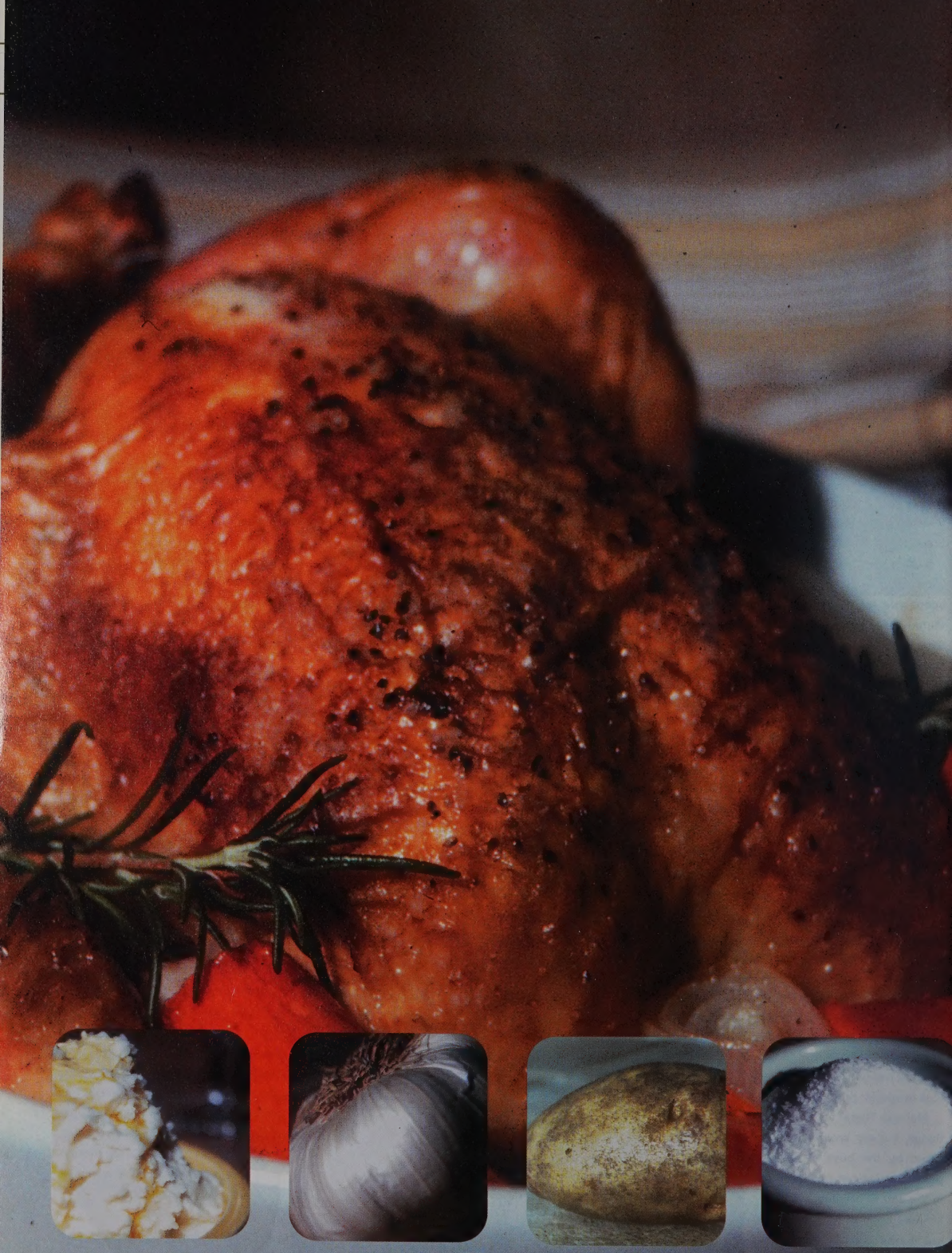
What advice would you give to a couple considering adoption?

Robert: Talk with other couples that have successfully adopted. Compare international to domestic adoption. But most of all, don't settle with an agency that you can't trust.

Maben: Go for it. If you are even remotely thinking of it, you owe it to yourself to explore the avenues open to you. You can't really make an informed decision until you realize that it's relatively straightforward and something you can do if you choose to. You will be surprised how much you already know about bringing up kids. It's innate, and you were once your parents' guinea pig! Also, you can make a difference is someone's life. It would be a shame if you didn't do it. **H**

For a list of adoption resources, visit heromag.com

KEITH LENHAM



BY JOE WHITMORE
PHOTOGRAPHY BY LISA ROWLAND MERCER

Roast Chicken 101

As the leaves change and the temperature drops, be your own Mom and treat yourself to a homey meal of roast chicken and garlic mashed potatoes. Perfect for watching the Cowboys beat the Redskins (or the Miss America Pageant, depending on the kind of guy you are).

ROAST CHICKEN

2 medium onions, peeled
1 roasting chicken (3-4 lbs.)
2 teaspoons salt
1 teaspoon pepper
1 lemon
4-5 sprigs rosemary
1 tablespoon butter, softened

Preheat oven to 425 degrees. Slice onions crosswise (so you can see the rings) about 1/2-inch thick. Place them in two rows along the bottom of a roasting pan or 9x13-inch baking dish. Remove the giblets from inside the chicken (usually they're in a packet; use 'em later or toss 'em), and remove any excess fat from around the opening. Rinse the chicken inside and out, and pat dry with paper towels. Rub the inside of the chicken with 1 teaspoon salt and one-half teaspoon pepper. Roll the lemon firmly back and forth on the counter a few times (to release the juices inside), then use a fork to poke holes all over it; insert whole lemon into cavity, along with sprigs of fresh rosemary. Place the chicken breast-side-up in the roasting pan on top of onions, then rub entire exposed surface of chicken with butter. Sprinkle remaining salt and pepper over chicken, and place in the center of oven. Roast chicken about an hour, until the skin is a deep golden brown and the juices run clear (not pink) when you pierce the thigh with a knife. Once chicken is done, remove it from the oven and let it rest for 10 to 15 minutes before carving so the juices can settle back into the meat. Serves 2-4.

"Try using an orange, an apple, smashed garlic, or different fresh herbs inside the chicken to infuse it with flavor."

JOE'S TIP OF THE MONTH

Next time, try using an orange, an apple, smashed garlic, or different fresh herbs inside the chicken to infuse with flavor. You can also insert rosemary or bay leaves under the skin on top of the breast.

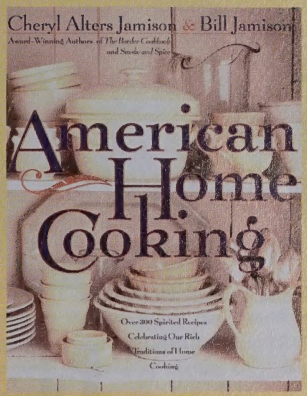
GARLIC MASHED POTATOES

1 head of garlic
1 tsp. olive oil
2 lbs. Russet or Yukon potatoes
1 tablespoon salt
5 tablespoons unsalted butter, melted
1/2 to 1 cup half-and-half, room temperature
Salt and pepper, to taste

Preheat oven to 450 degrees. Cut the pointed end off the head of garlic (about one-half inch), place garlic cut-side-up on a square of foil, and sprinkle about a teaspoon of olive oil over the top. Wrap foil around garlic and place in the oven. Roast for 30 to 40 minutes, until garlic is soft. Set aside until ready to use.

Meanwhile, peel potatoes, cut into quarters, and cover them with water in a large pot. Add salt to water and bring to a boil over high heat, then reduce heat and simmer until the potatoes are tender (you can easily stick a fork in them), about 20 minutes. Drain, then transfer to mixing bowl. Squeeze garlic from bulb and add to potatoes, then add butter and mash using potato masher or mixer. Add half-and-half and continue to mash until as smooth (or lumpy) as you like them. Salt and pepper to taste, and serve immediately.

Adding the butter before adding the half-and-half keeps the potatoes from interacting with the half-and-half, making for smoother, creamier mashers. **H**


Cheryl Alters Jamison & Bill Jamison
Award-Winning Authors of The Border Cookbook and Nicole and Spice
American Home Cooking
Over 200 Spirited Recipes Celebrating Our Rich Traditions of Home Cooking

Down Home Cooking

by Cheryl and Bill Jamison
$24

☞ **To complete this new cookbook, Cheryl & Bill Jamison scoured America for its home cooking recipes, meeting people from Connecticut to California, catfish farmers to cheese crafters. The result is a comprehensive look at how and what Americans eat, full of delicious recipes that are as important to the region they come from as they are tasty. Everyone has foods that remind them of where they grew up; that's the kind of food you'll find here, from Blue-Flower Featherbed (a layered egg-and-bread casserole) and Fried Green Tomatoes to Pumpkin Chip Preserves and Door County Wisconsin Sour Cherry Pie. There's a short, fascinating history of American cooking at the beginning, then trivia bits, quotes, or preparation tips for most recipes. Sadly, there are precious few photos, but once you've made a recipe, you'll know what it's supposed to look like anyway. —*JW***

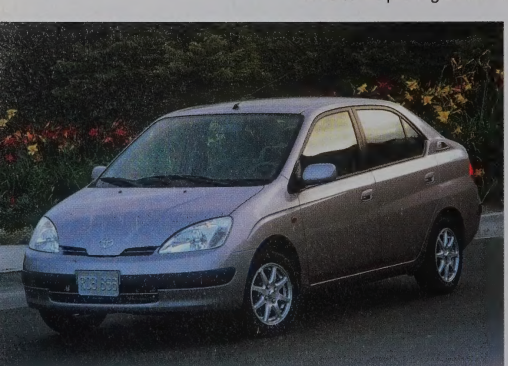
GM is exploring liquid hydrogen as fuel in its hybrid, the Precept (below)

HYBRIDS: The Next Step On A Long Road

Not long ago, when we looked to the future, we saw green. We envisioned a world full of slippery electric vehicles that moved swiftly, made no noise and left no emissions with which to pollute our reforested world.

It turns out that electric cars were just the first step on the bridge that ultimately will take us to that vision. Other technologies, particularly that of hybrid powerplants, constitute the next step. They combine the efficiency of electric (and other) power sources with the range and infrastructure-compatibility of gasoline engines.

Honda's **INSIGHT** is a low-slung two-seater that uses gasoline all of the time and electric power part of the time to help the gasoline engine out. Looking like a CRX that was popped in the microwave for a while, the skirted runabout's teeny gasoline engine requests the help of a small electric motor only under acceleration in order to make driving fun (well, sort of fun—see the accompanying review). The net benefit of this is a decent sense of power from an engine small and miserly enough to yield up to 70 miles per gallon! Also, you don't have to worry about a limited range, as the batteries are recharged by the engine itself during coasting and braking, with no need for a plug. The styling is smooth and clean, if unattractive. Best news, though, is its affordable purchase price of about $20,000. That's right, in contrast to the first-generation, lease-only GM EV1 electric, you can actually keep this one.



The Toyota PRIUS (above) features two engines—one gas, and one electric.

Over at the Toyota store, the long-awaited **PRIUS** is finally hitting the road as well. It is a four-door, five-passenger variation on the hybrid theme, and it's about as pretty as Toyota's own Echo (which is to say, butt-ugly). Like Honda's Insight, the Prius features two tiny engines, one gas and one electric, but both work in varying proportions at all times, not just in power-assist situations. It, too, charges itself, so it won't be competing with your blow-dryer for plug space. Advantage to the Prius? It carries four people, while Honda's Insight carries only two, and it yields an equally impressive 66 miles per gallon. The down side is that it's even uglier than the Insight.

Thankfully, there are more on the way. Ford is readying a hybrid version of its fresh new Escape SUV for 2003. Furthermore, both GM ("Precept") and Ford ("Prodigy") are working on fuel cell technology that adds yet another fuel to the automotive spectrum: liquid hydrogen (remember the Hindenburg?). Don't be scared away, though, since the containment of such a fuel is at least as secure as that of gasoline. At first, we'll see fuel cells in 3-way hybrid sedans, likely alongside both gasoline and electric motors.

Eventually, we may be driving fuel cell-only vehicles, the next step in our quest for clean transportation. With no fossil fuels to combust, and hydrogen at least a bountiful resource, there's a lot to like about the concept of fuel cell cars. And as for the emissions from the tailpipe of a fuel cell vehicle? Water vapor. How's that for clean?

GM courts the gay market

The seemingly lethargic and staid granddaddy of all car corporations, General Motors, surprised even me by acknowledging that the gay community is a worthwhile market to target in its diversity marketing efforts. **Pat Roberts,** in charge of such programs for the West Coast, **says that the time to establish a presence in the gay community has come.** Understanding now that double income + no kids = money to spend on cars, she said the GM ads will finally start appearing in gay publications. "It's not a question of should we be in them, but which ones should we be in, she says." But GM, which owns gay-friendly Saab and has a stake in Subaru, is not limiting its outreach to advertising; it is brainstorming some ideas for "events" that will take place in San Francisco's Castro district.

If you need a hot little two-seater to boost your stodgy image (and you've got $40-50K sittin' in your checking account), here are your choices:

Porsche Boxster S
Audi TT Roadster
Chevrolet Corvette Convertible
BMW M Roadster (a really fast Z3)
Mercedes SLK V-6

HERO PICK!

Porsche Boxster S. With its improved, 250-horsepower engine, trumpet-like engine sound, uncanny steering reflexes and proportions that will never go out of style, the Boxster S is a sports car that will feed your soul, not just your ego.

Runner up: Audi TT Roadster for its sexy retro design—Boxster meets iMac.

POP QUIZ

When is the earliest you can buy a vehicle that is supposedly from the next year? Answer: January 1 of the year before. In other words, a 2002 model car can be sold only after January 1, 2001, and no sooner. The federal government will not allow vehicles to be sold any further in "advance." Although most new model vehicles are introduced in fall of the preceding year, some really hot cars are let out of their wrappers as early as winter or spring, as was the case this year with Chrysler's PT Cruiser. No, this is not to allow the more car-savvy among you to show how ahead of the curve you are; rather it allows manufacturers to cash in early on the spring and summer car buying season, and/or manipulate sales figures for a given model year. So if you're buying a 2005 model year car, it had better be at least 2004.

Review: Honda Insight

The Insight works like this: a small gasoline engine and a small electric engine (powered by batteries) collude to get and keep the vehicle moving with a minimum of gasoline consumption. Upon acceleration—when you need the most power—both engines are working. Upon coasting, though, the electric motor cuts out (invisibly), leaving the miserly, 1.0-liter gas engine to propel the car on its own, charging the batteries while it's at it. Heat produced during braking also charges the batteries, so they never run out. Therefore, it never needs to be plugged in, and its EPA fuel economy registers at 61-mpg city, 70-mpg highway.

As for the car itself, the Insight is a mixed bag. It only seats two, although it has a relatively large cargo area. The dashboard is futuristic, with lots of fun-to-watch digital readouts displaying the constant flux of electric assist, batteries charge, and exact gas mileage (especially cool when you're averaging 60+ MPG or more on the freeway).

It is no speed demon: there is virtually no power under 4,000 rpm and the gears are so tall that it feels like it takes a week to rev that high. Overall, the feel is very much like an economy car; the suspension soaks up bumps about as well as an '88 Sentra, and I would say that Honda's less expensive Civic is a much nicer ride.

But the Civic is the past, and the Insight is the future—it's the significance of this car that will be its selling point, not its comfort. So for your $20,080, the Insight glows "green" with technological brilliance, if only that.

GOT QUESTIONS?

Let us know what you want to read about in this column by dropping an email to HERO auto editor Steve Siler at: ssiler@heromag.com

All right... **Last issue, we waxed eloquently about Audi's sexy A6-based allroad Quattro, but hadn't a good picture to show you (yes, that's "allroad" with a lower case "a"—don't ask why). Well, feast your eyes on this. Base price will be about $42,000.**

"There is nothing that manages to influence art less than criticism." —Maria Rainer Rilke

INTERVIEW BY CHRISTIAN DE LA HUERTA
PHOTOGRAPHY BY MARC GELLER

Mario Aranda: Family Man

The 59-year-old writer and therapist tells HERO why it's important to come out

Mario J. Aranda, 59, is a writer and therapist living in Northern California. He is director of clinical services for a large family services organization, where he counsels domestic violence offenders. He's been an educator, a human rights activist, an entrepreneur, and a newspaper publisher. He also serves as chairman of the board for Q-Spirit, a non-profit organization which helps the GLBT spiritual community.

How has coming out late in life colored your gay experience?

I am not certain, since the only life I have experienced is my own. What I do know is that my coming out in my sexual expression is part of a much larger construct of "coming out," if by coming out we mean living in truth in all our dimensions. For me to have come out sexually—exclusively—would have meant remaining in a state of disassociation, i.e., a state of fragmentation and pain. I knew that for me coming out would have to be total—sexual, emotional, spiritual and physical. It was not just my sexuality that was closeted but my capacity for joy. I came to a point in my life where I understood marrow-deep that I would have to "re-form" myself completely before I could feel the joy for which I longed. For me that meant shattering all illusions of who I was. This included my profession (I used to be a newspaper publisher), emotions, beliefs, many of my relationships, and, of course, my sexual expression. This was a painful, unescorted journey, one that from the outside probably looked a lot like madness. Mystics call it the "dark night of the soul." In the end, I found that the dark night of the soul was simply the chrysalis forming. I was birthing a new self. And the "re-formation" continues. These days, I live in a place of joy most of the time. I am coming to understand that those times when joy is not my companion it is because it has been replaced by one of my old illusions, often born of fear. For me it has become essential to hone my spiritual technologies, that is, those practices that give me life when I feel myself less than alive. That means, in my case, prayer, meditation, exercise, good nutrition, and good, nourishing human interaction, among other things.

As the father of seven children, what gifts does that experience add to who you are today?

My children are at the center of who I am. A gay father of seven? I have given up trying to second-guess the universe. My life is what it is. And being a father is one of those delicious privileges life has afforded me. My children are extraordinary beings. In the beginning, my former wife and I were the architects of our own tribal culture, but recently I have recognized that I am less and less the architect and more simply a glad participant in a culture that my children are developing for our family. So often I just watch contented as a new, more creative, more inclusive, more loving society is being formed for our little tribe by all its participants. They like to be together. I like what is evolving. They seem wiser, more courageous, more loving and more authentic than I was at their age. So it is a gift to live in their society.

How supportive were your children during your coming out process?

My children have been extraordinarily generous and loving to me during this difficult passage. They assure me that in the end we have all been made richer by the experience. It is as if my coming out gives them pieces of the puzzle they must have to complete their own lives. It moves us along in the business of being a family. The challenges of family life are still there, but I believe we have moved to a more authentic place. One of my daughters recently touched my body, which has changed substantially, and said delightedly, "I can't believe you are the same father I had in the 80s!" And I am not.

"Often in our community, despite our protestations about espousing liberation and diversity, we have moved towards promoting certain rigid and suffocating clichés... Beauty for me is radiance that is born from an authentic sense of self."

As a gay Mexican-Chinese-American with a bit of Jewish and Mormon thrown in, you are truly multicultural. How has the "outsider archetype" expanded your perspective on life?

I am a Sephardic Jew via Mexico and Spain with one Chinese grandfather. Additionally, the Jews on both sides had intermarried with the native tribes of northern Mexico. I was also raised a Mormon in a Catholic country. A person of color in a Caucasian outpost established by the Mormon church in Mexico. A gay man in a straight world. Never one of "them," whatever that might mean. Like most of us, I knew early on that I was gay and that this was a secret that I could never tell anyone. I lived in a "witness-protection" program without the protection part, knowing that at any time I could betray myself and something terrible would happen.

All this was very painful growing up, often harrowing. But I have always been blessed with a sense of humor and a capacity to see through the sham. So, like many gay persons, I became irreverent. I developed "gravitas" for real things and learned in time to poke fun at the unreal. Not always a popular stance, but I was already on the outside with little to lose.

When the need to individuate came along, I discovered that even as an outsider, I had been socialized by the tribe in profound ways. Had learned to hate parts of me. Had internalized the shame. Coming out for me was coming out of shame—that sense that I was not good enough. Being gay was only one aspect of it.

The good news is that I have come to see myself now as a global citizen, as one with all my sisters and brothers. For me, there was divine design in my learning to hold in consciousness many energies and traditions.

You look amazingly young for your age. What "beauty secrets" have you uncovered?

The simple answer is, "Chose your parents wisely." It is from them that we get certain genetic predispositions. But then, what is beauty? I've long given up on one standard of beauty. I know that often in our community, despite our protestations about espousing liberation and diversity, we have moved towards promoting certain rigid and suffocating clichés. This has caused much pain to many. I am saddened by the way we do to ourselves what the larger society has done to us for so long. We ought to be careful that we don't trade one lie for another, one prison for another. Beauty for me is radiance that is born from an authentic sense of self. We all recognize it when we see it, I think.

But as far as aging, I find that, as with all living things, if you love it, it will love you back. A friend recently joked that as gay boomer men come of age and choose to stay in a place of fear, plastic surgery is becoming a cottage industry. I understood the joke, but found little resonance with it. Culturally, I was raised in a society that valued aging and the status of being one of the elders. So even as a young person, I took it as a compliment when someone thought I was older than I looked. Young was a place you looked forward to leaving. As I am learning to move away from a place of fear and shame, I love where I am. My hope is to walk in beauty and grace from exactly that place where I am into the journey.

What final message do you have for a generation of younger men?

The same advise I would give to myself. Choose that which is life-affirming, not what is merely life-style affirming. Always choose life. We have lived in a place of darkness and death for too long. H

"Good luck is another name for tenacity of purpose"

"Choose that which is
life-affirming, not what is
merely life-style affirming."

Role M

Two years ago, Greg Congdon attempted suicide. He landed in a local hospital, where a good friend's mother worked. When she learned why he tried to kill himself—he was gay—she told her son. Soon every person in the small town of Troy, PA, knew. In an instant Greg turned from a popular high school football player and wrestler into a pariah. His teammates' shunning was particularly cruel. Without their support, or those of his coaches, his dream of playing college football was shattered.

Just one year later, Corey Johnson felt similarly alone and depressed in Masconomet, MA. But instead of attempting suicide, he confided his secret in a few people he trusted: His mother. A teacher. His best friend. A football coach.

All realized that Corey was the same human being he was before he told them. And all helped pave the way for him to come out to the football team that had elected him co-captain for the upcoming fall. The players' response was spectacular. "Hey," they told Corey, "That's cool. You're our friend, and nothing has changed." They covered his back when opposing teams taunted him. (It didn't work; the Chieftains won far more than they lost.) And on the bus ride home after a victory, they serenaded Corey with the gay anthem "YMCA."

Anyone looking at the state of gay sports at the turn of the millennium need not look beyond Greg Congdon and Corey Johnson.

Both teenagers' experiences are instructive. Across America there are many places like Troy, where high school students—and parents, teachers and coaches—cannot conceive that a person can be both an athlete and gay. But, increasingly, there are also places like Masconomet High, where it is not only conceivable, but true.

Gay men across the nation identified painfully with Greg Congdon's story when they read about it in magazines or saw it on television. The same men felt thrilled when they saw Corey's story on the front page of *the New York Times*, heard him speak at the Millennium March on Washington, or saw him on *20/20*.

For years, gay men who were interested in sports felt even more isolated from the mainstream than other gays. Lacking the out role models popping up with increasing frequency in other areas of life—entertainment, politics, even religion and the police force—they believed they were the only men on earth who liked athletics as well as other men.

There was little reason to think otherwise. From an early age, society sent a clear message: The playing field and sports arena (especially locker room) is a "fag-free" zone. From the elementary school physical education teacher who instructed "Don't throw like a girl" to the high school football coach who taunted "Don't block like a pussy"; to the locker room banter about chicks, gay boys and men suffered in tortured silence.

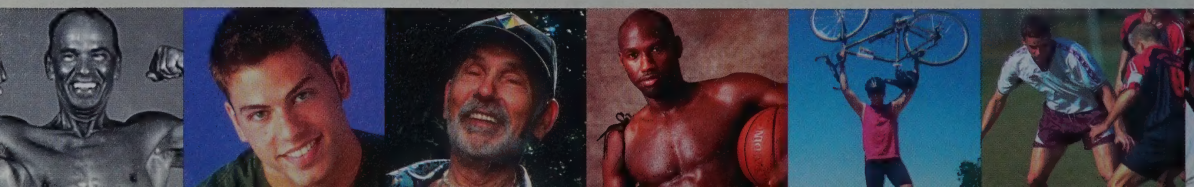
The effects could be devastating. Countless athletically-minded boys turned away from sports at an early age. They loved physical activity and competition, but they hated spending time in an environment where, should their secret be discovered, whatever success and popularity they had achieved would instantly (or so they imagined) vanish. Gay boys are engaged in a constant struggle for self-esteem. One of the wonderful aspects of sports is that it gives boys confidence. How tragic that this vital avenue has been blocked for so many youngsters.

Of course, countless other gay boys were not driven out of athletics. Unfortunately, many adopted the swaggering, macho, misogynous—and homophobic—attitudes of their teammates and coaches. In order to fit into the sports world, they derided anyone weaker than they. Often, that meant putting down "faggots" and "queers." The devastation such self-hatred must have done to young psyches is incalculable.

Today, such destructive messages are fading. A new generation of coaches—men who have grown up knowing gay people, who understand that a team is made up of diverse individuals, and who simply do not fear homosexuality—are replacing their less-open-minded elders. Gay issues are discussed everywhere: in the classroom, on TV and the movie screen, even the sports pages.

And Corey Johnson is not the only athlete to come out. While no Dallas Cowboy superstar has yet admitted he is gay, other sports figures have: Professional baseball player Billy Bean. Australian rugby idol Ian Roberts. Olympic gold medal diver Greg Louganis and swimmer Bruce Hayes. High school and college track coach Eric Anderson. Oberlin College athletic director Michael Muska.

Those recent names—most of whom came out on their own terms—stand in stark contrast to an earlier list. The first wave of gay male athletes were men who were outed, and whose stories were often sad or frightening. Baseball player Glenn Burke died of AIDS. Soccer player Justin Fashanu committed suicide. Professional football player Dave Kopay was never able to attain his dream: getting back into the game as a coach. University of Pittsburgh football player Ed Gallagher jumped off a dam 12 days after his first same-sex encounter (see story on p. 32). Major League Baseball umpire Dave Pallone lost his job after being accused of having sex with a minor, even though the charge was



odels

THE STATE OF GAY SPORTS

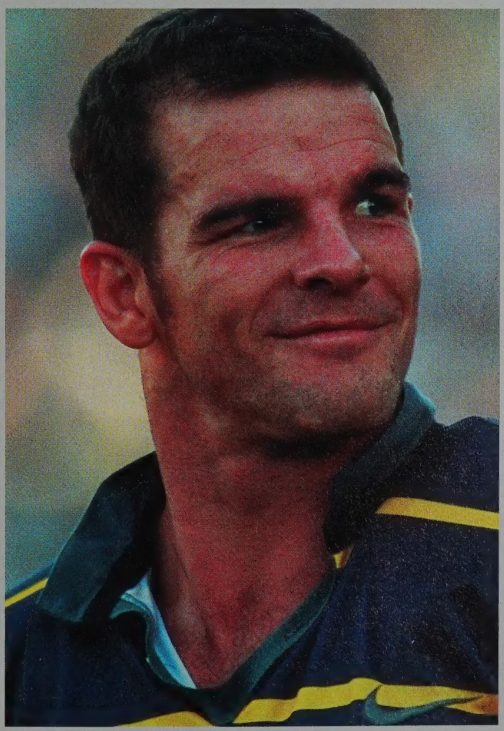
By Dan Woog

proven groundless and the district attorney dropped the case.

One of the major reasons for the change is the Internet. Young gay athletes and older weekend warriors—including many who are just now realizing in their 30s, 40s and beyond that they too have a place in the sports world—can now find web sites dedicated to gay sports organizations. They range from small and obscure (for example, "Crewheads" for gay rowers in Pittsburgh) to large and almost mainstream. The Gay Games VI, encompassing 31 sports ranging from badminton and judo to powerlifting and rugby are set for November 2002 in Sydney, Australia.

There are gay basketball tournaments in Boston this month, and San Diego next January. The International Gay and Lesbian Football (Soccer) Association sponsors a world championship in Germany this fall. There are enough Frontrunners (running), softball, volleyball, water polo and wrestling clubs and leagues to give Reggie White heart failure. And if you click on the golf link at outsports.com, you'll even find a way to purchase rainbow and "pride" golf balls, markers, gloves, umbrellas—and, yes, putters.

Progress in the sports world can be measured many ways, and visibility is only one. The Massachusetts Department of Education's Safe Schools Program (which deals with gay and lesbian issues) provides special workshops for coaches and athletic administrators. The impact can be subtle, but telling. After attending a workshop, one high school coach asked a player to stop making homophobic comments. The boy refused. The coach threatened to call the colleges that were recruiting the athlete, and tell them they did not want someone of his questionable character on their campus.



Former Australian rugby star Ian Roberts

The young man snickered. The coach picked up the phone. "Don't test me," he challenged.

What happens in Massachusetts is not always mirrored in the rest of the country, however. Several thousand miles away, University of Hawaii football players recently objected to the nickname of the school sports teams—the Rainbow Warriors—and the 77-year-old rainbow logo. It reminded them of the gay pride symbol, they said. Bowing to pressure, administrators renamed the gridiron teams the Warriors, and designed a new, "more aggressive" logo.

The message that sends to gay sports-lovers, especially youngsters, is hardly positive. Neither was the recent flap over *Catholic Digest's* story on Dave Pallone. The largely positive story focused on the former umpire's outreach and education in the corporate and collegiate spheres, including his efforts to reach young Catholics who are struggling with their sexual identity. Dozens of angry letter-writers reacted instead to the magazine's choice of profiling a "practicing homosexual."

The negative sports stories are giving way to the positive. The fact that HERO is devoting an entire issue to the subject is one indication. The example of Corey Johnson is another.

And speaking of Corey: For the Massachusetts high school football captain, life after coming out has been nothing less than spectacular. With the help of a straight teammate, he found a boyfriend. He's received countless honors and awards, and become a nationally known inspirational speaker. And next fall—after a year off to catch his breath—he'll head to college. Right now, he's thinking Ivy League. **H**

The Gay Games

A HOME FOR HEROES IN 2002

by Ben Patrick Johnson

Last month, the attention of the world focused on Sydney for the Olympic Games. Our television screens have been full of images of athletes pushing their bodies to the limit as they compete in premiere, state-of-the-art athletic facilities. By the time this magazine hits newsstands, the closing anthem will have played, the excitement will be finished, and the athletes will have gone home. For the moment, the facilities will be standing empty.

But in the fall of 2002, the Sydney Olympic Park will come alive with another group of extraordinary athletes and their fans when the city plays host to the 2002 Gay Games.

The Games were founded in 1981 by Dr. Tom Waddell, a 1968 U.S. Olympic decathlete. Conceived by Dr. Waddell to advance three principles—inclusion, participation and achievement of personal best—the Games originally appealed to the gay and lesbian community and answered a need for a sense of inclusion in all areas of life for a segment of the population that had been historically marginalized. Gays and lesbians have been portrayed as weak in both body and will. We've been depicted in literature and characterized in popular lore as anti-heroes, lacking in the heroic qualities of fortitude, resolve, perseverance, courage and nobility of purpose. The Gay Games gave gay athletes a forum to experience their personal achievement in the context of being gay. It allowed them the feel their own heroism and demonstrate it to everyone watching.

Ken McDonald is an athlete who played volleyball for Team Vancouver at the 1998 Games in Amsterdam. In an internet posting, he recalls his experience:

"Shudders kept running through my body. I had never really understood how proud you could feel before that. It's the kind of pride that makes you know all of that other stuff is their problem, not yours."

"I remember sitting at the closing ceremony," says theater director Charles Randolph-Wright, recalling the 1994 Gay Games in New York. "I wasn't expecting it to be such an emotional thing for me, but I was really moved. All of a sudden, when that fanfare played and all the athletes walked in, it just hit me—all these people are here, being themselves, being proud, being excellent. Sitting a little ways from me was this very old man and I looked over at him at one point when everyone came in and tears were streaming down his face and I knew that never in his lifetime did he expect to see something like this."

Over the 18 year history of the Games, the Federation has grown to include members from Australia, Canada, Germany, The Netherlands, Switzerland and the United States. The ranks of participants and audience have expanded to include a number of straight athletes and over 100,000 enthusiastic straight fans. This should not be surprising, as the Federation of Gay Games makes a point to welcome anyone and everyone who wishes to participate in competition, spectatorship, and cultural festivals.

The Games encourage participation in sports regardless of the participant's ability. Nonetheless, the Games have developed a noteworthy level of competition. The two most recent Gay Games boasted world Master's records in swimming and track and field. Some sports, such as swimming, are sanctioned events, meaning their records are recognized internationally.

Held every four years, midway between meetings of their larger sibling, the Olympics, the Gay Games have been increasing in both popularity and financial significance since Dr. Waddell held his first event in San Francisco in 1982. At that first Gay Games, there were 1,350 athletes participating in eleven sports. The event had a total budget of $125,000. By the 1994 games in New York, the number of athletes had grown to 11,000, the budget to $6.5 million, and the economic impact to the area over $150 million. The 2002 Gay Games is expected to draw 35,000 visitors to New South Wales and may provide even larger revenues for the city were seen in Amsterdam.

It adds up to a tremendous success story. But the Gay Games has had its share of obstacles along the way, not the least of which have been lodged by the United States Olympic Committee (USOC). In the year of the Gay Games' inception, the USOC obtained a temporary restraining order barring the organization from using the name "Gay Olympic Games." Presumably the USOC feared the public would confuse the fledgling San Francisco event with their own high-stakes spectacle. The Gay Games sponsors complied with the court order and removed the word "Olympic," leaving the Games with their current name. The state court's opinion was rendered final in 1987, when the Supreme Court narrowly ruled to disallow the Gay Games use of the word "Olympic." Tragically, two weeks later, Dr. Waddell died of AIDS.

WE'RE GLAD YOU ASKED

Gay Games 101

"How do I participate in the Gay Games?"

Start planning now! Registration begins in March 2001. If the idea of visiting the Games as a spectator or volunteer intrigues you, it's never too early to begin looking into your options. You can get more information by visiting the Gay Games web site at gaygamesvi.org.au or heromag.com

The USOC was not satisfied with the court's ruling. In 1991, their attorneys filed a petition to cancel the legal registration of the "Gay Games" name and logo. Only a personal appeal from the Federation of Gay Games to the USOC Executive Director persuaded him to drop the matter. In June of the following year, the USOC finally consented to discuss how the two organizations could work together, as opposed to working against one another.

The judicial system is not the only branch of U.S. Government with which the Federation has had to wrangle. In 1991, in line with the Gay Games' stated principles of inclusion and participation, the Federation contacted then President George Bush requesting that he overturn the U.S. immigration policies barring HIV-positive individuals from entering the country. Bush offered no concession on the policy. But two years later, with a new presidential administration in place, the Federation found a more sympathetic audience for their concerns. Federation Co-Presidents Susan Kennedy and Rick Peterson met with representatives Donna Shalala, Secretary of the U.S. Health and Human Services, to request Gay Games IV in New York be identified as a "designated event," a necessary step in obtaining a 10-day blanket waiver enabling HIV-positive athletes to enter the United States to participate. In response to their lobbying, Attorney General Janet Reno signed a blanket waiver allowing HIV infected individuals to enter the United States in the 1994 Gay Games without requiring special visas or special applications.

While official sanction of the Games has grown, so has the scope of the Gay Games themselves. Increasingly, the Games have turned their focus to include concerns outside of athletics. For example, the Federation has announced plans to partner with community organizations, universities, government and non-government organizations at the Sydney Games for a series of conferences and workshops on human rights and social justice issues. And outreach programs will attempt to take the message of the games to South America, South Africa and central Europe, as well as a focused effort to reach young gay men and women in Australia's rural communities.

Expanding on the theme of inclusion, the Federation says Gay Games VI will attempt to follow the example set in Amsterdam, where the Games were viewed by many as a celebration for the entire city, not just the gay community. The athletic competition in Sydney will be accompanied by a cultural festival aimed at the wider populous. Music, theater, plays and multimedia works are scheduled on a daily basis at the arts venues and open-air performance spaces around Sydney. Plans are in the works for a choral festival with over 2000 singers. Gay and lesbian marching bands will parade through the streets.

"Shudders kept running through my body. I never understood how proud you could feel before that. It's the kind of pride that makes you know all of that other stuff is their problem, not yours."

And it is fortunate that Olympic Park is in Australia, whose slice of the gay and lesbian tourism pie has doubled each year since 1990. Pledges of not just tolerance but active partnership by Tourism New South Wales and the Australian Tourist Commission portend well for the 2002 Games. Moreover, Sydney and New South Wales have some of the strongest legislation in the world to protect the rights of gays, lesbians and transgendered people. It's hard to imagine these facts were overlooked by the Federation when various cities' bids for the 2002 games were considered. **H**

GAY GAMES UPDATE

OFFICIAL U.S. MAGAZINE SPONSOR
HERO
SYDNEY 2002 GAY GAMES

Let the Games Begin!

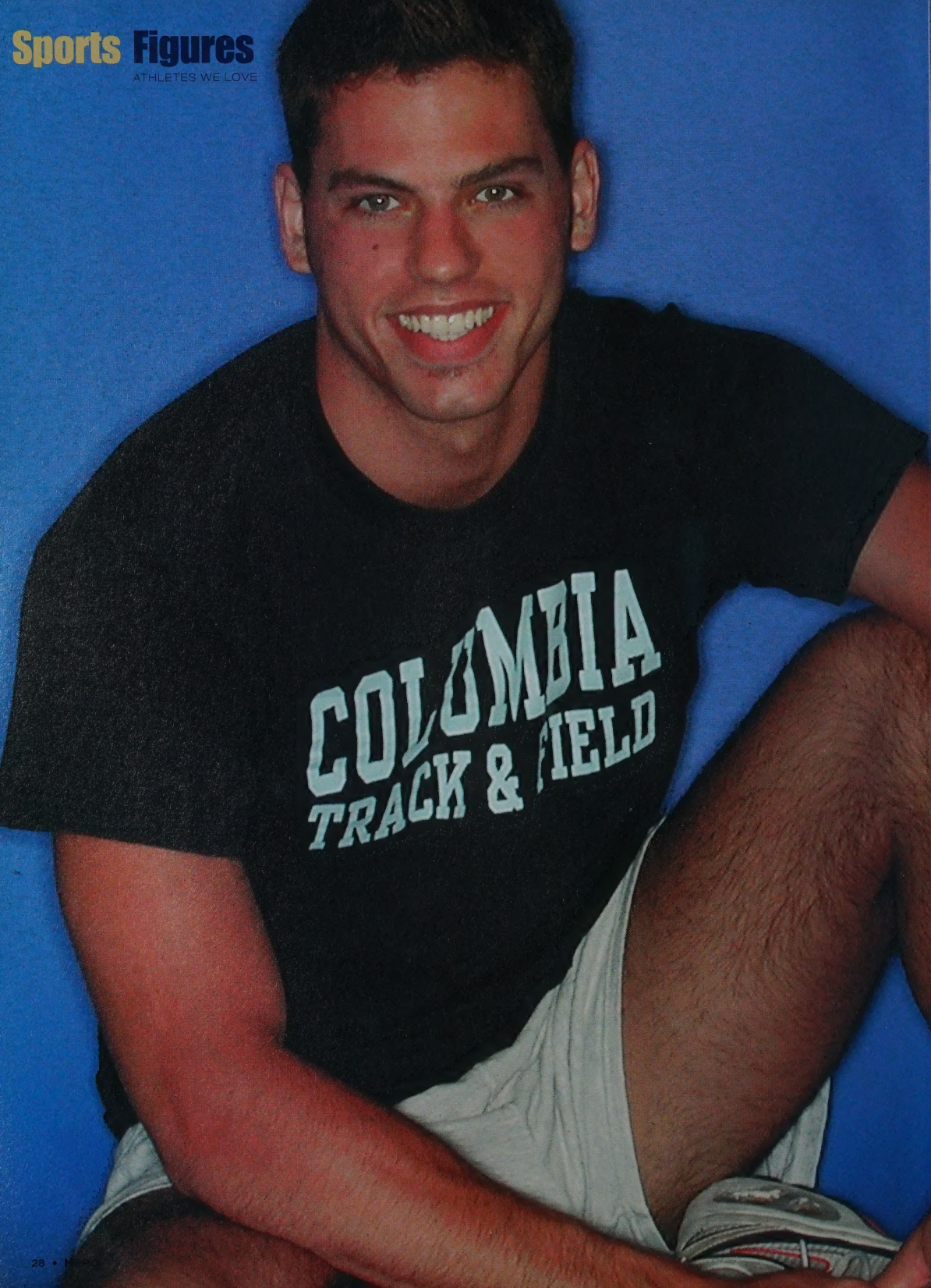
HERO Magazine has been selected as the exclusive U.S. gay men's magazine sponsor of the next Gay Games.

It is a tremendous honor for all of us who have been a part of HERO since its inception to see our magazine grow to the level of prominence that would warrant such a designation by the Federation of Gay Games.

Both our magazine and the Games are founded on the goal of taking note of everyday heroes. By acknowledging and celebrating that which is heroic in each of us, we can make our community a richer place in which to live.

We look forward to bringing you unique access to the Games. The Gay Games VI and Cultural Festival themselves will take place in Sydney, Australia in 2002, but our coverage begins here and now. Over the next two years, the pages of HERO will introduce you to athletes from across the country and around the world. HERO's journalists and writers will examine the social and athletic significance of what takes place. And our photographers will take you where the stories are, from the pools where divers stand anxiously at the end of the board, waiting to cascade downward as they finesse their twists and tucks, to the basketball courts where players move closer and closer to the perfect slam dunk, to the gym mats where sweat flies off wrestlers working to master the holds that will put them on the medals podium in 2002.

Of course, **HERO will be your comprehensive resource for the facts and figures of the Games**, both in print and on the web in conjunction with our online partner, Gay.com. Our coverage will go beyond athletics to the Games' exhibition events that tie together sports and culture. Competition in dragon boat racing, surfing, equestrian events, and chess and backgammon tournaments should prove interesting for participants and spectators, and great subject matter for our photographers and journalists to bring home to you, our readers. Now, let the Games begin!


COLUMBIA
TRACK & FIELD

Brandon Sproat track & field

Discovering your gay identity has always been an awkward and nerve-racking time for young gay men. Would being a top-notch state track star make things harder? With fierce green eyes and an adorable smile, Brandon Sproat, 20 years old, shares his story of coming out, running at Columbia, and staying on the right track to success.

When did you first come to terms with your sexuality?

It wasn't until my junior year of high school that I finally accepted myself. I was so submerged in studying and running track that I didn't even realize how miserable I was. Finally, after trying to have a girlfriend, I knew I was only kidding myself. I eventually got rid of all the self-hatred and started dealing with it.

How is your experience at Columbia University different from high school?

Well, I went to Columbia because it was literally the furthest school away from home. I was ready to be a gay man. I've found most people in New York are very liberal and in touch with social issues. I realized that any discrimination here was just self-imposed. I had my own stereotypes, and I assumed I would not be treated fairly. It turned out to be just totally the opposite. I have other gay friends and the people that need to know about me, know. We go to Chelsea and hang out, checking out the scene. It sure is a lot more comfortable and less demanding than when I was trying to hide being gay in high school. Sure, some people at school may have a problem with homosexuality, but in a city like New York and at a school like Columbia, if they choose to be bigots and discriminate, then they are the minority.

Are you out to your family?

Well, I told my twin sister Arianne first. We were never really that close in high school; she was into the social scene and I was into studying. But one day I called her and we were talking really frank about things. We talked for a long time and she told me some real personal things about her life. The whole conversation was really touching. Then she asked why I didn't have a girlfriend. I finally told her that I was gay. I've never been this close with her in all of my life.

Did her reaction make it easier to tell your parents?

Yeah, I realized that they're my family and they really do love me for who I am. I intended to tell my mom in person but it came out over the phone. She took it as well as I could have possibly hoped. My biggest fear was that I was going to let her down. I was always trying to be the perfect son. I thought that being gay would detract from that. She is very supportive and told me that in her eyes I've never let her down. My dad still doesn't know. We don't really have a good relationship, so I don't think it would be that imperative that I tell him right away. I'm pretty sure he may suspect after my mom told him that I would never have a girlfriend. I have the groundwork set up for telling him, it's just a matter of time.

You had an incredible high school track career.

Well, I started running my freshman year of high school. I had a really great coach that was like a father to me. If it wasn't for his help and guidance, I would not have broken all these school records. By the time I was in my junior year, I was State Champion in Intermediate Hurdles. I was ranked seventh in the nation. It was so early and nobody was running that fast. In every race I was running, everyone expected me to win. It added a lot of pressure. Senior year, I had a bad injury; I tore my quadricep. The rest of the season was downhill from there. I don't know how far things would have gone.

And now you're running track at Columbia University?

Yeah. I had some trouble earlier on with stretching the scar tissue (I was still dealing with the injury), but I had some pretty good races last season. I'm very well on my way to recovery. I've been training all summer at school under strength-training coaches, and at home in Arizona I've been training with my high school coach. This month the season will actually start; we'll see what happens.

What are your plans after Columbia?

Well, since I'm majoring in computer science, I'd like to start a career in that field. I would like to live in New York, but the weather in Los Angeles is also very tempting.

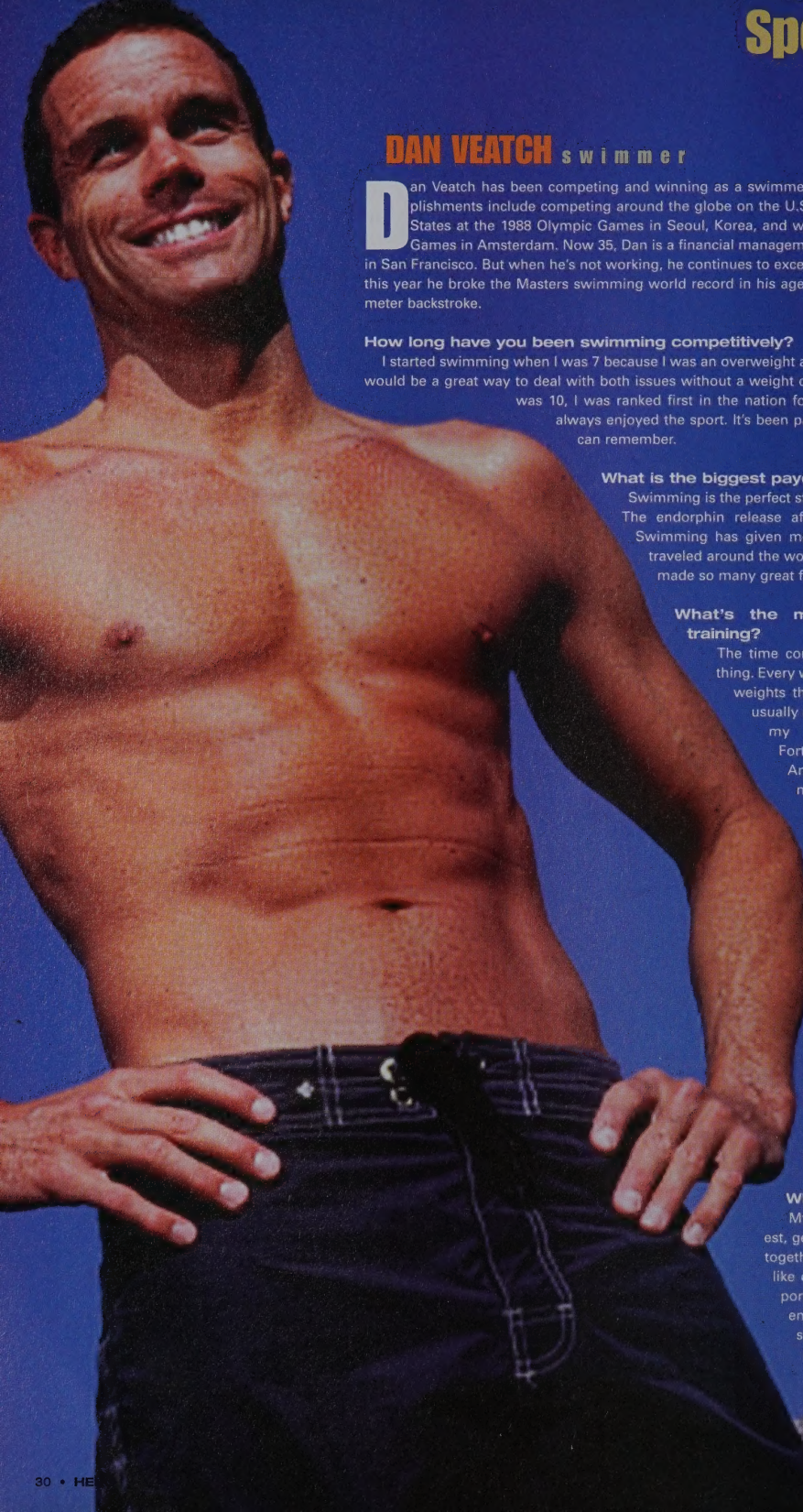
Any plans for the Gay Games in Sydney 2002?

My injury will always be something I have to be conscious of, but I'll work around it. I would love to go, but it will depend on how the next couple of seasons go.

What advice would you give to a young guy who is dealing with coming out?

Things seem and may very well be difficult, but eventually the dust settles and you realize that the people in your life who you love and trust need to know who you really are. **H**

photograph by John Skalicky



DAN VEATCH swimmer

Dan Veatch has been competing and winning as a swimmer since he was a kid. His aquatic accomplishments include competing around the globe on the U.S. National team, representing the United States at the 1988 Olympic Games in Seoul, Korea, and winning four gold medals at the 1998 Gay Games in Amsterdam. Now 35, Dan is a financial management controller for a large investment bank in San Francisco. But when he's not working, he continues to excel in Masters swimming competitions, and this year he broke the Masters swimming world record in his age group by nearly four seconds in the 200 meter backstroke.

How long have you been swimming competitively?

I started swimming when I was 7 because I was an overweight and hyperactive kid. My parents thought it would be a great way to deal with both issues without a weight control program and Ritalin. By the time I was 10, I was ranked first in the nation for my age in the 50-yard backstroke. I've always enjoyed the sport. It's been part of my life and identity for as long as I can remember.

What is the biggest payoff for your dedication?

Swimming is the perfect stress release after a long day in the office. The endorphin release after a hard workout is a natural high. Swimming has given me so many unbelievable opportunities. I traveled around the world with the U.S. National Team and have made so many great friends through the sport.

What's the most challenging thing about training?

The time commitment is probably the most difficult thing. Every week I try to swim at least 25,000 yards, lift weights three times, and take two ab classes! It's usually a juggling act to work my regimen around my personal and professional lives. Fortunately, I have an amazing boyfriend, Andres, who thoroughly respects my commitment to swimming. I also have an incredible coach, Valeriy Boreyko, who is a wonderful motivator and an exceptional person.

Has being gay ever been an issue with any coaches or fellow swimmers?

I wasn't open about my sexuality until I moved to California in 1992. Since then, I haven't experienced too many problems with coaches or fellow swimmers. I like breaking the stereotype that gays can't be tough, athletic and competitive. I recently won an open water swimming race in Sonoma and was awarded a large plaque that's engraved with the words "Overall Male." I love it! It still makes me laugh.

Who's your hero?

My boyfriend. He is the sweetest, most honest, generous guy I have ever met. We've been together for two and a half years, but it still feels like our honeymoon. He unconditionally supports everything I do and he really seems to enjoy watching me compete. He started swimming almost a year ago and he's doing really well. Our goal is to swim together in the Gay Games in Sydney.

GEORGE BIRIMISA bodybuilder

George Birimisa was one of the first openly gay playwrights in the United States. In the 60s, his off- and off-off-Broadway works in New York (Georgie Porgie, Mr. Jello, Daddy Violet) made him one of the pioneers of the gay theater canon. Now 76 and living in San Francisco, Mr. Birimisa can also list "bodybuilder" among his accomplishments. He began training at age 60, and since then has competed in the Gay Games four times, winning a gold medal in his age group in Vancouver in 1990 and winning a bronze in Amsterdam in 1998, competing against guys 14 years younger. He's looking forward to competing in Australia at Gay Games 2002.

When did you start bodybuilding?

When I turned 60 is when I really got into it, and for years I would go to the gym four or five times a week and work out very heavily.

What do you enjoy about the sport?

The most important thing for me is that it makes me look good and feel good and powerful about myself. When you get old, you slow down. There's no way to avoid it. But with bodybuilding and aerobics, you can slow down the slowing down. I see so many old people who end up with their lives just a nightmare.

Last September I had a heart attack and had quadruple open-heart surgery. Then about five months ago I had cancer of the bladder. But I've recovered from both, and I've been back at the gym. I was able to recover so quickly because I was in shape. I don't look like I did before, but I'm working on it.

What does it take to achieve success in bodybuilding?

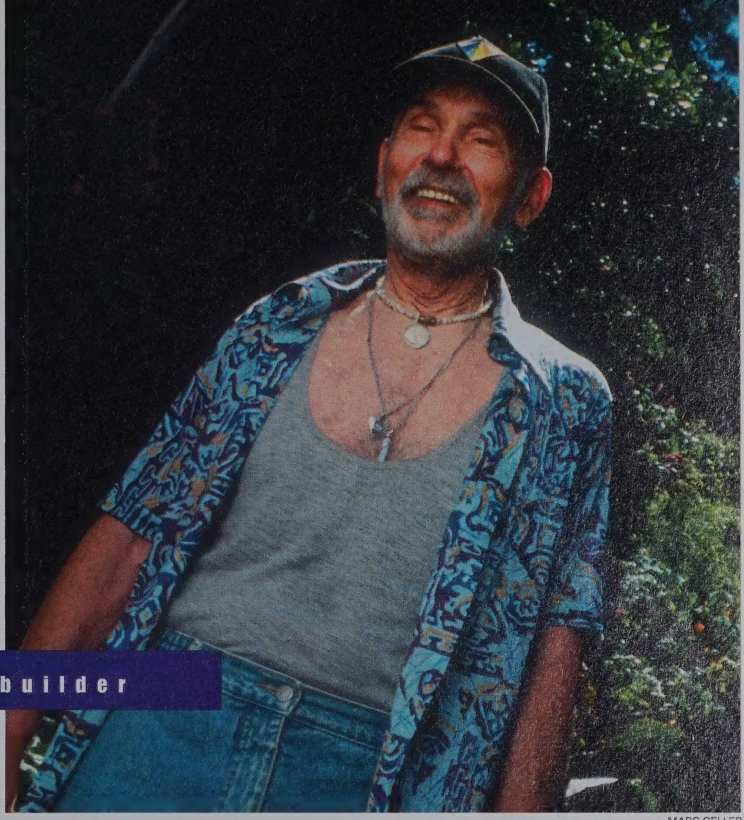
Your diet and working out are the most important things. You can workout forever without the proper diet and supplements and you won't get anywhere. You really have to be disciplined.

Who's your hero?

Tom Ammiano. He's a Supervisor here in San Francisco who ran for mayor against Willie Brown. He's a real shitkicker and comedian. Tom works so hard and is so up front about being a gay man. He's really quite a guy.

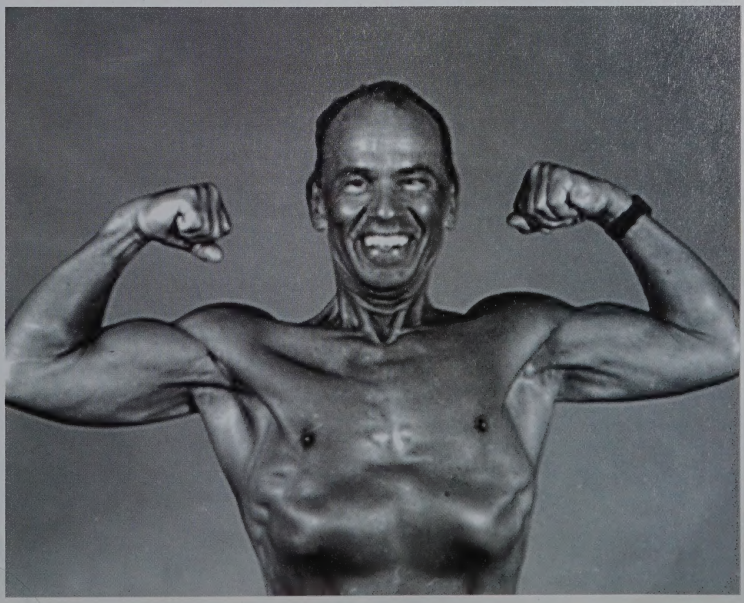
Are you happy with where you are in life?

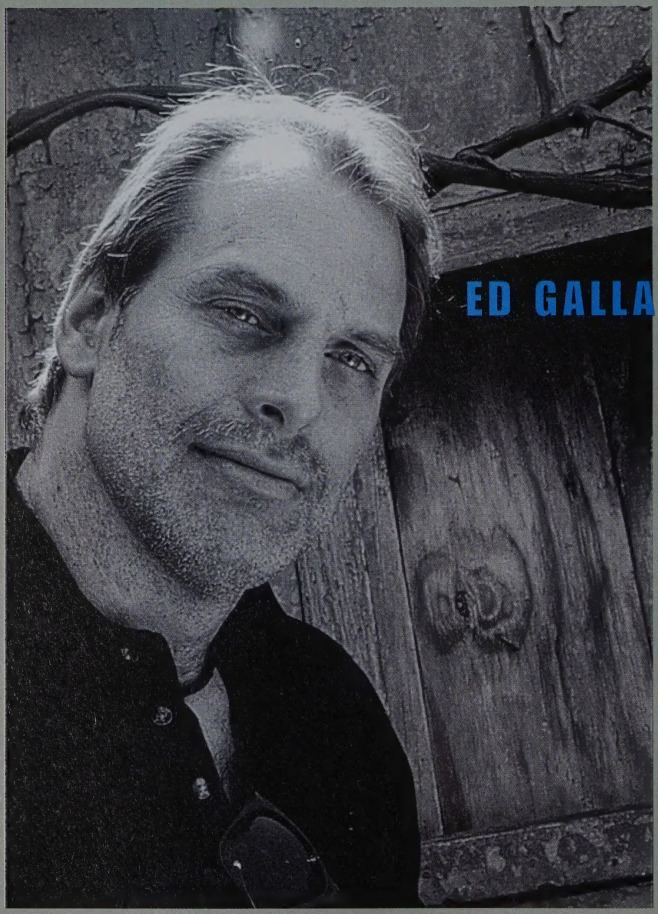
Most of my life was spent before Stonewall. Before Stonewall, you'd go to a bar to be with gay people. There were no other places to congregate, no community centers, no churches. Everything was done surreptitiously and everyone was ashamed of being gay. I've been able to go through all of that and come out the other side, which is a glorious trip. New things open up to me all the time in terms of growing as a human being. I'm 76 years old and I'm still going through this stuff. I have to say, though, thank God I was born a gay man. That has been my salvation, in that it got me thinking and exploring myself creatively. I like where I've gotten and wouldn't have it any other way.



MARC GELLER

Above: George in August 2000. Below: George flexes his muscles in peak competition condition





ED GALLAGHER former footballer

A suicide attempt left football star Ed Gallagher in a wheelchair for life. Now he spends his time preventing others from doing the same thing.

Ed Gallagher began playing football in high school. Soon he had a football scholarship to the University of Pittsburgh, and he eventually tried out for the New York Jets. With all his success, though, he wasn't able to reconcile the sportsman people saw him for with the gay man he was inside, and in 1985, at the age of 27, Ed tried to commit suicide by diving off the Kensico Dam in Valhalla, NY. The 90-foot fall didn't kill him, but it left him a quadriplegic with no feeling below his chest and limited use of his hands. Eventually, Ed found the courage to turn his life around and formed Alive to Thrive, an organization devoted to suicide prevention, emotional and sexual health, creativity and potential, and the free expression and rights of all individuals. He also has his own public-access cable TV talk-show, *Mister Ed's Corral,* recently appeared on Howard Stern, landed a guest appearance on *As the World Turns,* and just finished his first novel. He insists he's done nothing heroic, but Ed illustrates the power of opening up and speaking out.

Did your sports success come from a love of the game?

Football is a great way to tackle gorgeous running backs and get away with it. [Laughs.] But I didn't love football. I started playing in 1972 because I wanted to find an identity. I started getting a crush on one of my friends and I didn't understand it. I had a lot of internalized homophobia, and I wanted to be a jock to attach a different label to myself. I was terrible in my first year, but the second year I made the varsity team and my coach was really good. Then I was All-State and All-County the next year and got a full ride to the University of Pittsburgh.

Was there hostility towards gay guys in school?

Coaches were always saying stuff like "Don't block like a faggot." When I'd get called that in high school, it would really get to me inside. I didn't really know what was going on with me, and I was battling my own condemnation. This was in the early 70s, and what I knew about being gay was what Archie Bunker thought about it on *All in the Family.* I saw effeminance and thought that was homosexuality. I always felt, "How am I going to be gay?"

"Everyone's in a wheelchair. Some chairs are just more visible than others. One of the reasons we're here is to be there for each other and help each other with that climb up the mountain."

What was college like?

College was scary. With all that was going on in my head I thought, "Are they ever going to crack through my shell? Am I going to be able to do this in the middle of the biggest homophobic sport of all?" I dated women and played John Wayne, got liquored up and had flings with girls. If anyone presumed that I might be gay I got really angry. I should have said, "Why? Are you interested?" [Laughs] I had fantasies in college, though. Had a little fascination with the frat guys. I had the physical but not the psychological balls to pursue it. I internalized it for years.

What made you want to end your life?

In 1985, I'd had girlfriends, but hungered to experiment with guys and to explore my creative side. I was taking songwriting classes in New York City, but I was keeping it all secret. I didn't want people to know. I started going more and more to New York, hanging around Washington Square, and getting more and more curious about gay culture. I got tanked up one night and went and hung out at a club, and it felt so good to be around all these guys. This guy was checking me out and one thing led to another. I wanted to go with him but also wasn't ready to go—I wasn't prepared psychologically yet, just physically. Anyway, we went back to his place. I had never even kissed a guy, so that was pretty amazing, and we fooled around. The next morning I left really early. I had to regroup and I got desperately lonely. "What have I done?" I thought. It was just when HIV was beginning to be tested and people didn't really know much for sure. I got really upset about what had happened and convinced myself that I doomed to die of AIDS. I thought "How am I going to go back to a girlfriend?" and "You're a carrier. Even if you breathe on your mother, you're killing her." That was the trigger incident. It was ignorance on my part, but I was out of my mind with guilt and fear. And though it was hurtful, I kept it all silent.

I woke up on March 1, 1985, and saw my Thunderbird sitting out in the driveway. I drove out to the dam, laid down at the edge, and just rolled over. I fell 90 feet, and I hit about twice before I came to a stop. A medical student saw me come down. He ran over to where I stopped. I must have been conscious, because I asked him "Did I do it?" I had a broken wrist, ankle, and neck.

How did you turn your life around?

After the accident when I was in the hospital, I had a doctor with a particularly horrible bedside manner tell me "We may have to amputate your legs." That really startled me. I had wanted them to leave me to die. The hardest thing was looking at my family and friends and not wanting to hurt them but not wanting to be there either. I had been telling everyone to fuck off. But when the doctor said that I was like, "Hey, I know I fucked up badly, but please don't let them take my legs." I felt that my survival, maybe all the things I was flipping out about didn't mean a rat's ass when it came to the bigger picture. Maybe there's something I'm supposed to do. I started to write poetry and ended up publishing my first book *Will I Live Another Day Before I Die?*

I don't look at any of this as heroic. I was confronted with what I thought at the time was an impossible situation. I thought it was better to die by suicide than to have your family know you were a "faggot" who died of AIDS. It took a long time for me to get over that. I got very spiritual.

You speak to a lot of kids around the country. What do you tell them?

When I was a kid I didn't have anyone to talk to about my feelings. I struggled with it all the time. I always tell kids one of the most destructive drugs you can swallow is silence. It'll blow up in your face in some deranged way. You've got to open up and talk to people about your problems. The first day of weightlifting hurts like hell, but the next day you do it, it gets better; the next day, even better. Same thing with opening up.

What do you think the climate is for gay kids who like to play sports today?

When I was younger and trying to play and live up to football, I didn't think anything gay meshed with the sports image. It's still that way in a lot of places. Not to take away from anyone's success—because it's really great to see the possibilities—but with Barney Frank and gay issues being discussed in school in Massachusetts, it's a hell of a lot easier for a Corey Johnson in Massachusetts to say he's gay than Joe Jones in Tennessee or Texas. I don't think many guys can be openly gay and be a full-chip athlete and get the full ride to college.

What was it like being a guest on Howard Stern?

Howard Stern and Robin treated me great. We rammed Dr. Laura. She's supposed to be so supportive of children, but think of how many kids might hear what she says and be devastated.

Who's your hero?

John Lennon is the reason I started song writing. I started writing songs after he died. It stimulated my need to write and get more public about my writing. A Kennedy...anyone who can inspire people emotionally and reach them through words in a non-violent way is a hero to me.

Everyone's in a wheelchair. Some chairs are just more visible than others. Cancer, heart disease, obesity, AIDS, blindness, depression. Everybody's climbing their version of the mountain. One of the reasons we're here is to be there for each other and help each other with that climb up the mountain. If you want to get up and have a reason to live, you need to tap into your unique talents and visions. If you do only what others say, you're only going to go through the motions of living.

For more information, visit AlivetoThrive.org. *You can buy Ed's new book, Johnny in the Spot at* heromag.com

Gabriel Caldwell basketball

Gabriel Caldwell has been playing basketball since he was 7 years old. Originally from Austin, Texas, he dribbled his way across the court in high school and college, ultimately playing for Liberty University in Virginia as shooting guard and sometimes point guard. Now 24, Gabriel lives in Los Angeles and is a graduate student in Clinical Psychology, but he hasn't left B-ball behind. On Wednesday nights he shoots hoops and hones his game with the Lambda Basketball Association as they prepare for Sydney 2002.

What makes a good basketball player?

You have to be very devoted to working out and conditioning yourself, because what shows on the court is what you do off the court. If you put a lot of time and effort into training and shooting, it shows. I think first you have to be in shape, so conditioning is a huge part. If you're a shooting guard, you're called to score, so you have to practice shooting on a daily basis. Ball-handling and strength training are also important. You have to be pretty physical in basketball.

What's the challenge in improving your game?

Basketball is a roller-coaster ride. One day you have the best game of your life, then the next night you're horrible. When there's no consistency, you can easily get down on yourself, so it's important to not always just look at the results. Just keep your head up and play as well as you know how. Once you get to the point as a player where you get on top of things, you have to work at maintaining it.

Has being gay ever been an issue on the court?

I wasn't out until I came to California, but it wasn't really an issue in college. When you play on a team of 11 in college and get to know each other pretty well, travelling and practicing all the time, it's like having 10 or 11 family members. It's more about who's OK and can play than about each other's personal lives.

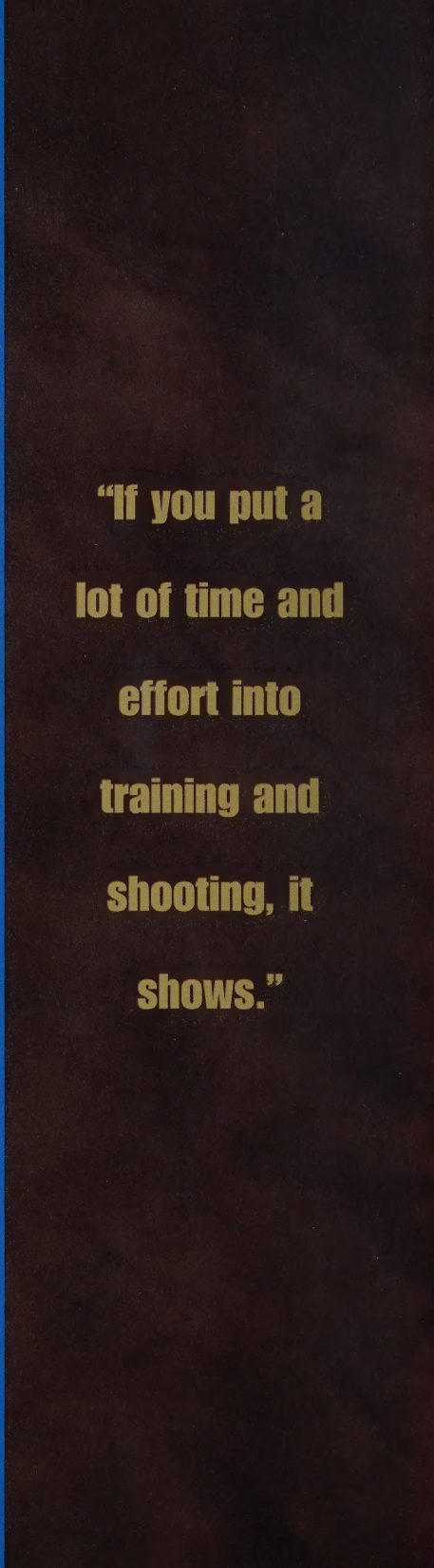
What are the benefits of playing with the Lambda team?

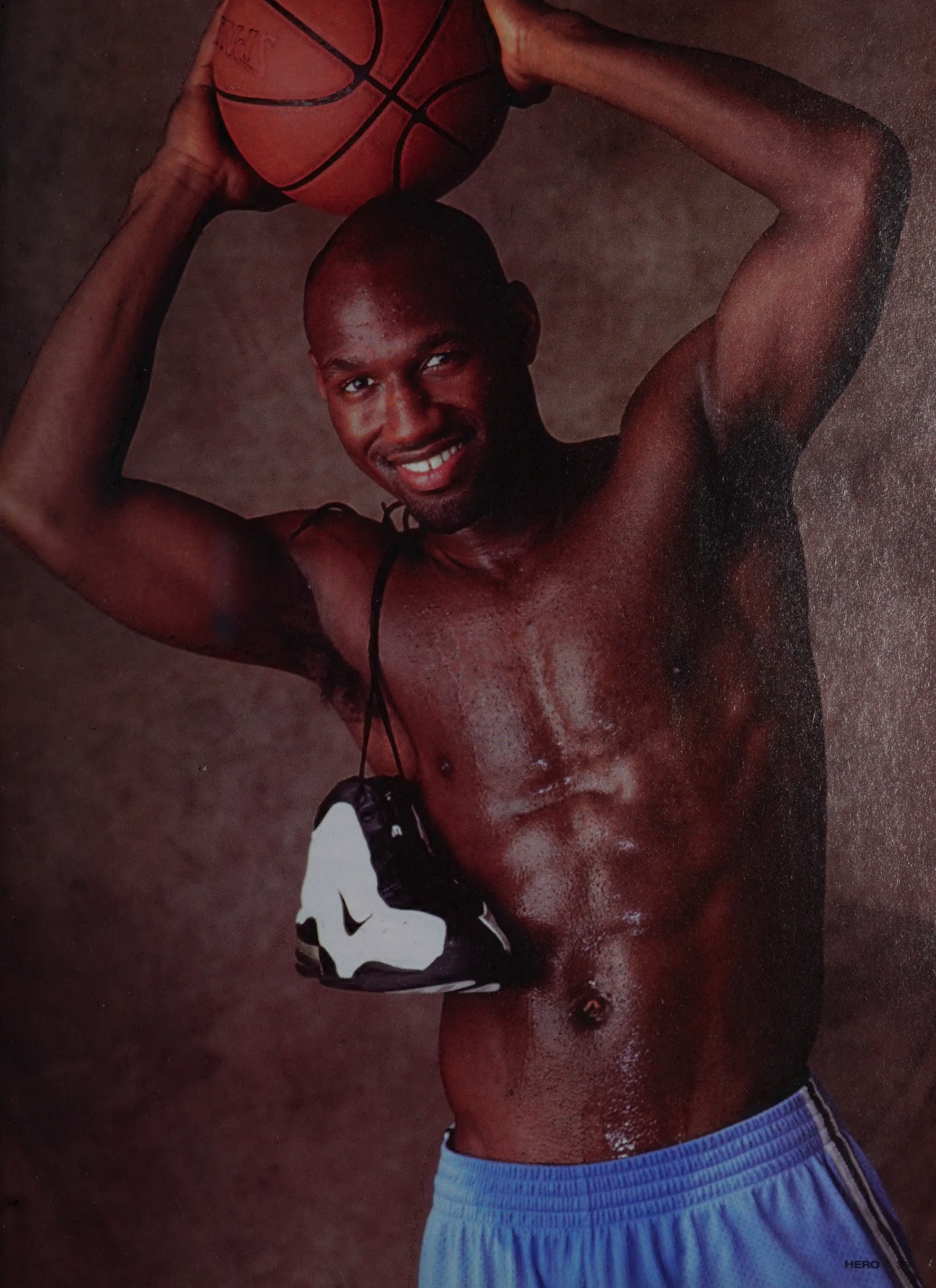
It's cool to meet people who like sports and that you can talk to about other things besides the types of things you'd talk about at a club or bar. I've met some pretty good friends.

Who's your hero?

Athletically, like every other kid in America, my hero is Michael Jordan. I admire the things he's done, not just because he can score, but I feel like his game all-around was just amazing. He faces down challenges and pushes himself to do the things he does. If you play basketball and know how hard it is and how tiring a season can be, to be able to push through all that and win—it's pretty amazing.

photography by John Skalicky





BY CHRISTOPHER WYNN

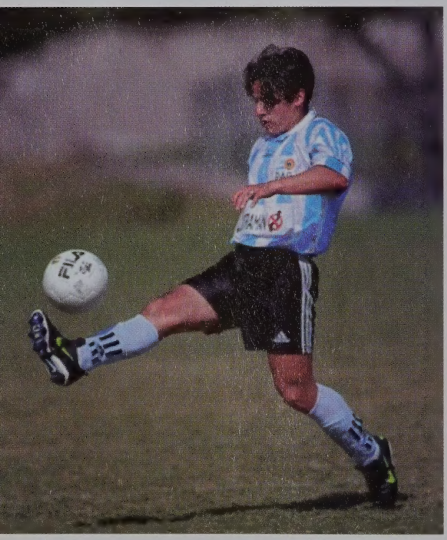
just don't call it Soccer

GEOFF MANASSE PHOTOGRAPHY

The International Gay & Lesbian Football Association (IGLFA) plays true football, which looks a lot like soccer to the casual observer in America.

"Soccer is used in the USA, Ireland, Australia and a couple of other former British colonies," says JC Cummings, Co-President of the IGLFA. "When Ireland played both Gaelic Football and Association Football, a person who played Association Football was called a 'soccer." The rest is history." Cummings says the sport most Americans call football is known as "American Football" in the rest of the world.

Regardless of which name you prefer, international football has become one of the most popular, and some say glamorous, sports played today. And as is happening in many other sports leagues, the presence of a gay group of athletes is quickly eroding away stereotypes.



Kickin' it up a notch at the IGLFA World Cup in Fort Lauderdale

"When I was playing football at 28 and really began to understand I was gay, I believed I would have to stop playing sports, because gay men weren't supposed to be athletes," says Cummings, reflecting. "It was a sad realization at the time. However, gay sports organizations later emerged, giving me back my self-identity by proving that gay men could be just as athletic as straight men. I believe I owe a lot to organizations like the IGLFA."

The idea for the IGLFA began growing almost 14 years ago, when a group of four men's teams who were participating in the 1986 Gay Games decided to continue meeting each year to play football. In 1991, at what was now their annual tournament, the IGLFA was made official.

Today, the IGLFA has established the resources and credibility to not only play on premium turf, but to attract some of the best volunteer talent around.

"People are interested in us because we have good fields, good refs, good tournament structure and lots of playing time," says Cummings. He also cites the more intangible qualities of the IGLFA, "Most of all we are good friends, we love good food, we visit tourist destinations together. There is a real sense of welcome and a daringness to reach out. And, of course, there are always those attractive men!"

The IGLFA also welcomes straight members. Cummings says that many teams have two or three straight players, some of whom are blood relations to a gay member and have found the sport a wonderful way to share their support.

How has the mainstream world of football reacted to the IGLFA? Cummings says that is never been an issue.

"I have never experienced a negative reaction and have never heard a story about one. Most of the well-established, fully active teams that play in the IGLFA tournaments are also registered in local mainstream leagues. All of our referees work or volunteer in the mainstream leagues as well," he says.

The biggest event this year for the IGLFA is the 2000 Gay & Lesbian World Football Championships being held in Cologne, Germany this month.

By the time you read this, the events will be well underway, but Cummings described his expectations before we went to press.

"This event is going to be a big deal in Cologne and is well supported by the mainstream. The Lord Mayor, who is a member of a conservative political party, is an official sponsor of the tournament and will even host a reception for the IGLFA Board Members at the Historic City Hall."

Cummings says that the Cologne week-long gay pride celebration will be held in conjunction with the anniversary celebration of the sport of football and the hosting of the world football championships in the city.

"There will also be entertainment, parties and much to celebrate, even if the players end up too tired to experience everything!" says Cummings. He adds that regardless of which teams win, the real joy, as far as IGLFA members are concerned, is coming together and having fun.

"When the day is done, we celebrate our players and our volunteers. The IGLFA is a family made up of great athletes, referees, volunteers, spouses, artists and at least one great photographer!" Cummings pauses and laughs, "Have I covered everybody?" **H**

Jim Buzinksi
Cyd Zeigler e-sports moguls

What started as a hobby is turning into big business

Cyd and Jim met while playing flag football. But you could say they've been shooting hoops, catching passes, cheering on the Chiefs, Pats, Nittany Lions, and Cardinals for years—before they knew they were gay, and ever since. Jim, 41, is an editor for the *Los Angeles Times* and quarterbacked his team to a gold medal at Gay Games IV in 1994. Cyd, 27, works in content development for Disney and founder of Theta Delta Chi fraternity at Stanford. Together, they started their site, Outsports.com, last year as a hobby, but according to Jim, it's already the largest sports club on Yahoo. The site attracts thousands of sports-loving gay men and women each month. Areas include regularly updated sports content, as well as a "Clubhouse" for visitors to join and interact.

Jim Buzinski (left) and Cyd Zeigler founded Outsports.com

JOHN SKALICKY

BY CHRISTOPHER WYNN

big expectations: The National Gay & Lesbian Pilots Association

"When you're in the air, it's about being a human being, testing your boundaries and respecting the forces of nature. It's a wonderful feeling."

Randy Hill (above) recently won a NGPA scholarship and is enrolled in a commercial flight training program in Oakland

In the very straight and machismo world of flying, no group is doing more to change perceptions while having fun than the National Gay Pilots Association (NPGA).

"There's something about flying that transcends issues of gender or sexual orientation," says Robert Moore, executive director for the NGPA. "When you're in the air, it's about being a human being, testing your boundaries and respecting the forces of nature. It's a wonderful feeling."

That feeling of wonder is helped by the NGPA's choice of destinations. The group descends upon Provincetown, MA, each year for their annual summit. Other gathering locations throughout the year can include San Francisco, Key West, South Padre Island, New Orleans and Seattle, and even Paris has made the wish list.

While the NGPA currently has over 760 members from all 50 states and 10 other countries, the organization began on a decisively smaller scale.

"It all started with five guys at a backyard barbecue," says Moore, laughing. "They each worked in aviation and talked about how great it would be to get together with other gay pilots to talk shop, show off their planes, discuss flying and do some career networking."

Todd Warmock of Miami

Moore says networking opportunities for members employed in aviation careers have been one of the greatest values of the group. "Straight pilots in the flying industry certainly have this sort of career advantage; the NGPA was a way to help leverage similar opportunities for gay pilots," he says.

Today, NGPA membership is made up of 40% professional pilots, 40% private pilots and hobbyists, and 20% "other aviation related" (mechanics, air traffic controllers, flight attendants and general aviation enthusiasts). The group is also proud to have many lesbian members who participate, further defying the male pilot stereotype.

In addition to flying and networking, the NGPA is committed to expanding social boundaries through a variety of educational initiatives, outreach events and social programs. The NGPA Education Fund was established in 1995 to assist candidates from the gay and lesbian community who are pursuing careers as professional pilots.

Last year, the program awarded four separate scholarships, including one to Paul "Randy" Hill. He recently completed a Bachelor of Science degree in Aviation at San Jose State University and is now enrolled in the commercial flight-training program at Sierra Academy in Oakland.

"Receiving such an honor from my fellow community of gay pilots was a source of inspiration." says Hill. "I'm very proud to be a part of the NGPA."

Moore says membership is growing. "I still get emails and letters from people who have seen an NGPA ad and tell me they've never met another gay pilot and can't wait to come to the next event."

Flying can build a bridge between straight fathers who are now or former pilots, and their gay sons, says Moore. "I've heard this story so many times, that a mutual love and respect for aviation made it easier for a father and son to connect and ultimately aided the coming out process for both sides."

AND THE RAINBOW GOES TO...

The skies get friendlier

Pride was the focus when the National Gay & Lesbian Pilots Association awarded the first "Rainbow Award" to Robert Baker, Vice Chair of American Airlines, during the Millennium March on Washington. The award is given annually to recognize an aviation company, non-profit association, school or individual that has contributed to an open and affirming environment for gay and lesbian pilots. Baker (who's straight) was honored with the first "Rainbow" for the role he played in American Airline's decision to extend domestic partner benefits to the company's gay employees.

for the love of the Car

BY STEVE STILER

Loving cars is like loving food: you don't have to know all of the ingredients to enjoy a good meal. But most of us think that to love cars you have to be a "car buff." And let's face it, most of us can barely tell an Audi from an Aspen (although we sure do know our BMWs), and we tend to make our automotive purchases based on what we see cruising guys at the car wash on Saturdays.

MARK NOWERY

Ford designer Grant Garrison and his partner with their "Big Pig" Cadillac.

Yet there are certain aspects of cars that we really do love. Styling, comfort, performance, cache. And even if that's all you know about cars, you still can qualify as a certifiable car lover.

Why not join a car club? Maybe even a gay car club. Yes, there are several out there, the largest among them being the Lambda Car Club International, an organization whose 1600 members love all kinds of cars, for all kinds of reasons. The LCCI has just under 30 North American chapters whose members meet regularly, usually about once per month, driving and displaying their "cream puffs" at local gay pride festivals and orchestrating one major invitational meet each year.

LCCI's Frank Markus of the Detroit Region, whose name you might recognize if you've picked up an issue of *Car and Driver* anytime in the past nine years, says that LCCI's members own a higher concentration of fabulous, finned 50s and 60s American cars than anything else, but stresses that anyone with a love of cars is welcome. "The group is very socially oriented," he said, noting that many of the members actually do not know everything about cars, sometimes not even their own. "So everybody has fun just going places in the cars and partying."

You can check out the Lambda Car Club International on the internet at lambdacarclub.net.

THE AUTO INDUSTRY EVOLVES

The Big Three take Big Steps

The Big Three domestic automakers made big news last August after sponsoring meals at this year's Lambda Car Club International invitational meet in Detroit. This year's event, called D2K, was the largest and best ever, according to LCCI president Frank Markus. Well over 300 people attended the dinner, and thanks to the automakers' contributions, the attendees were refunded almost a quarter of the original $189 attendance fee for the week's activities. Just weeks before the event, all three automakers announced the extension of employee benefits to same-sex domestic partners. The sponsorship of LCCI's D2K event "serves to underscore the commitment these companies have made to support and celebrate diversity, both inside and outside the workplace," according to an official LCCI statement. "These companies recognize that enthusiasm for cars knows no boundaries of race, color, religion or sexual orientation."

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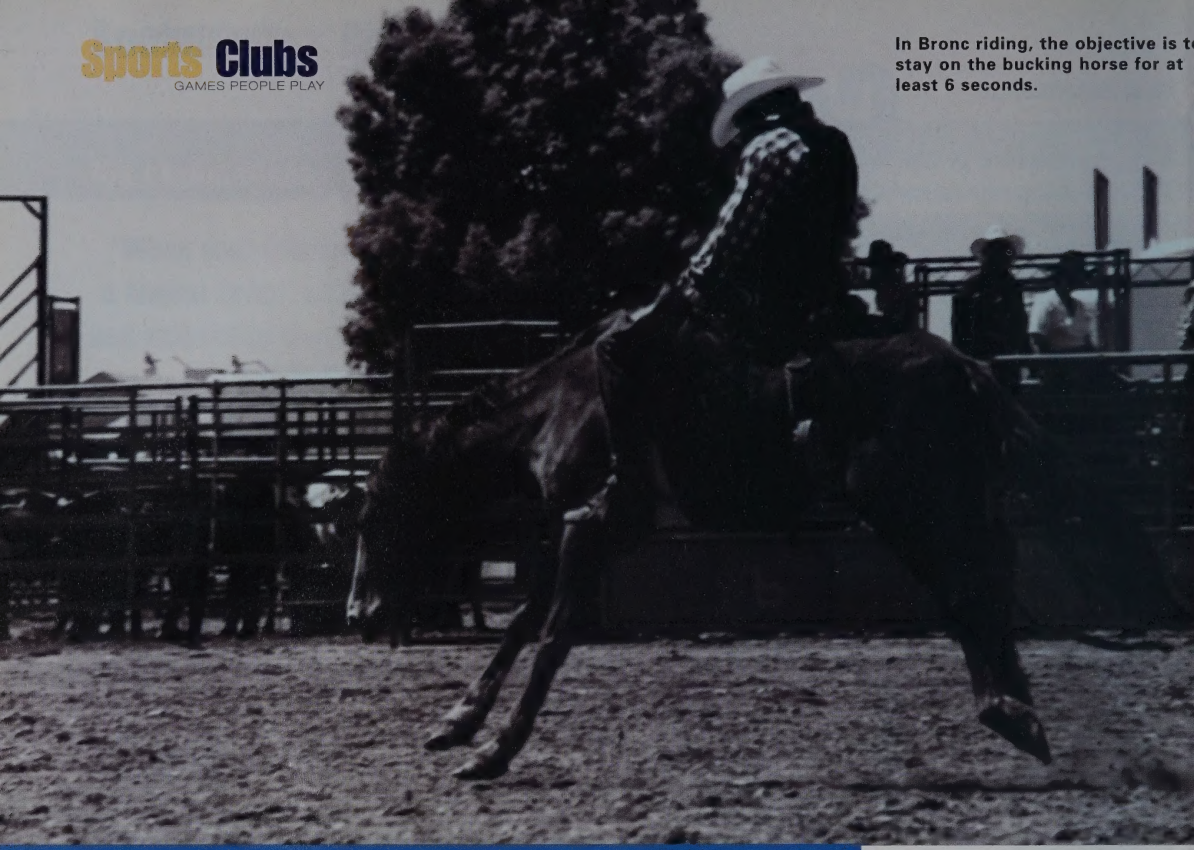


In Bronc riding, the objective is t stay on the bucking horse for at least 6 seconds.

The International Gay Rodeo Association

BY CHRISTOPHER WYNN

While you may have no idea what "chute dogging" means, if you can stand up in a pair of western boots and order a beer with confidence, then you're ready for an outing with the International Gay Rodeo Association.

The IGRA oversees 20 regional Gay Rodeo Associations that span the United States and includes Canada. The organization and its member associations are not only focused on supporting rodeo and the country western lifestyle, they also donate thousands of dollars to charity each year.

So, how exactly did a gay rodeo get started in the first place? Surprisingly, it didn't begin in Texas or even California. Understanding this organization's humble beginnings requires a quick trip back in time to Reno, Nevada.

In 1975, Phil Ragsdale, a local gay man and "Court Emperor" for that city's "Imperial Court," a well-known charitable system existing in large cities around the country, needed an innovative fund-raising event. He found it with his idea for an amateur gay rodeo. Ragsdale felt that a gay rodeo would garnish much attention (and therefore contributions) while also erasing a few negative stereotypes. What's more, the event would be just plain fun to put on.

By 1976, Ragsdale had managed to lock in the Washoe County Fairgrounds for the event location, but could not persuade local ranchers to loan out their animals for the rodeo. Fortunately, the persistent Ragsdale eventually snagged five wild range cows, ten wild range calves, one pig and a charming Shetland pony. Not your traditional rodeo livestock, but then, this was no traditional rodeo.

Over 125 people participated in this first gay rodeo fund-raiser, and awards were handed out for the "King of the Cowboys," "Queen of the Cowgirls" and "Miss Dusty Spurs" (use your imagination).

The event was a modest success and raised a respectable chunk of change for charity. Ragsdale was encouraged to continue the program annually, adding a bit more hoopla each year. By 1984, what had quickly grown to become the National Reno Gay Rodeo was bringing in over 10,000 people each year, attracting the likes of Joan Rivers and Rose Maddox.

Unfortunately, the National Reno Gay Rodeo was unexpectedly shut down after an almost mob-style land conflict between the Washoe County Fairgrounds and the Sands Hotel (this was still casino country).

Things might have ended right there for the gay rodeo concept, but then something else happened. The sleeper hit *Urban Cowboy,* with John Travolta and Debra Winger as the unforgettable "Bud and Sissy," erupted onto the national scene, becoming an instant cult classic.

Suddenly, discos everywhere were stepping all over each other in a frenzy to go country western and cash in on the new craze. Two-step dancing, mechanical bull riding and finally rodeo itself all became part of a mainstream revival.

The movie was just the shot in the arm that rodeo needed. New and former cowboys and cowgirls in gay and lesbian country bars across the nation were interested in stepping into an arena and getting dusty.

Fortunately for everyone, prior to the National Gay Reno Association shutting down, visiting participants had gone home to form smaller rodeo groups in states like Colorado, Texas and California.

These multi-state groups began meeting and competing with each other again with renewed vigor. Soon, these diverse partici-

pants realized they needed a more uniform set of rules and expectations. In September of 1985, at a group convention held in Denver, the International Gay Rodeo Association was officially declared under founding President, Wayne Jakino.

Today, the IGRA experience has expanded to include not only traditional arena events you would expect, such as calf roping or steer riding, but also more entertainment-oriented events. Popular half time shows might match rodeo clowns and even the occasional steer in a futile contest with quick-witted drag queens, armed with microphones instead of lassos.

Often, country western dance competitions will be sponsored by the IGRA in local clubs to coincide with rodeos in different cities.

The IGRA Royalty Awards not only entertain, but also raise funds for selected charities. Each fall at the IGRA Finals Rodeo, the titles of Mr., Ms. and Miss IGRA are awarded after a fierce mock "pageant" that includes scoring for Interview, Western Wear, Horsemanship, Public Presentation, and Entertainment.

This year's IGRA Finals Rodeo 2000 occurs October 19-22 at the New Mexico State Fairgrounds Horse Arena in Albuquerque, New Mexico.

Perhaps the best asset of today's IGRA is that there's truly something for everyone. Whether you're at home in the arena or only on the sidelines, gay rodeo has truly become a "family" affair.

Gay Rodeo Vocab Test

Attention city slickers: Before you attend your first gay rodeo, you'll want to brush up on your insider lingo to understand what's going on and avoid any awkward moments.

Bull Riding If this isn't self explanatory enough, we suggest renting *Urban Cowboy*.

Bareback Bronc Riding Bareback here refers to the animal, not the rider. Similar to Bull Riding, the cowboy clings for dear life to "bareback riggin" that is tied to a bronc (horse), and attempts to ride for at least six seconds.

Steer Riding Basically, see Bareback Bronc Riding and wear an athletic cup.

Chute Dogging It only sounds like something Puff Daddy would be doing. "Chute" refers to the chute gate that opens, allowing a contestant to bring a steer out to a 10-foot line in front of the chute before attempting to wrestle or "dog" the steer to the ground.

Calf Roping on Foot Once you've lassoed a few fence posts, you're ready to toss rope onto an actual calf as it's released from the chute gate. And no, you can't invite your friends in to hold the animal down while you tie it up Martha Stewart-style.

Mounted Break-Away Roping See Calf Roping on Foot, except this time you can pretend to be Xena, Warrior Princess as you lasso the calf from horseback.

Team Roping Two participants on horseback now get to lasso and tie down one exhausted calf. This event is even considered more dangerous for some reason. Of course, once you've driven on an LA freeway that logic makes sense.

Barrel Race Participants compete for the fastest time in running a cloverleaf pattern around three barrels. A 5-second penalty is assessed for knocking a barrel over. Similar to looking for parking at the shopping mall.

Pole Bending See Barrel Race, than trade out poles for barrels and add three more.

Flag Race A clever combination of barrels and poles, only this time you are dodging poles and attempting to grab flags out of one barrel and plant them in another one. Trivia: the barrels here are full of rabbit pellets (which I'm hoping means food).

Steer Decorating Contrary to popular belief, this is not where two cowboys hold down a steer and give it a makeover. Rather, one participant pulls a lasso off the steer's neck while the other one ties a ribbon on its tail.

Wild Drag Race – You toss one cowboy, one cowgirl and one "drag personality" in formal wear and heels into a muddy arena, and watch them try and coax a wild steer across the finish line.

Goat Dressing – Not to be confused with goat cheese or anything served over lettuce, this event is a gay rodeo original. A team of participants attempts to wrestle a pair of jockey-style underwear onto a goat's hind end. Sure, like we haven't seen that one in the bars before.

FRANK ELAM, JR.

Home Base – Aubrey, Texas
Also Known As – "Weekend Warrior," his horse is named "Dash"

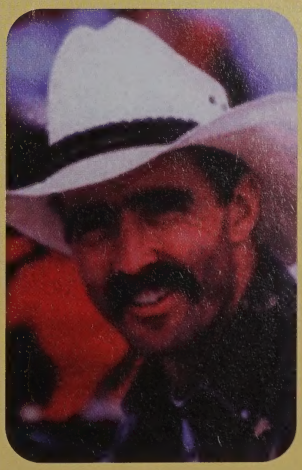
"REAL" OR "URBAN" COWBOY? Little bit of both. Grew up as a kid in the city, but have since moved to the country where I currently live on a 25-acre horse farm. I have never worked on a working ranch or farm before, so I could not honestly say that I'm a "Real" cowboy in the true sense. But I do enjoy the rodeo events and have been fortunate enough to have some success at it.

WHAT'S YOUR RODEO SPECIALTY? I participate in all the Camp Events, as well as Chute Dogging, Steer Riding, Bull Riding, Barrel Racing, Pole Bending and Flag Race. I used to also ride Bareback Broncs, but gave that up due to an arm injury. I can still ride steers and bulls, just not able to handle the jarring action of the broncs.

WHAT IMPACT HAS THE IGRA HAD ON YOU? I have developed friendships all over the country and been fortunate enough to participate in 132 IGRA sanctioned rodeos, either as a contestant, volunteer, or as an official. I am also proud to now be a certified Chute Coordinator as well as Arena Director for IGRA.

WHAT HAS THE RESPONSE BEEN FROM MAINSTREAM RODEO PEERS? In most ways positive, although the mainstream rodeos still don't really know about the gay rodeo circuit. IGRA and the Professional Rodeo Cowboys Association (PRCA) have worked together on some issues, especially things such as animal welfare. Both are strong believers in the welfare of animals and that they are *not* mistreated or abused, and any animals that are injured are taken care of in the most humane way possible.

IN YOUR HISTORY WITH IGRA, WHAT HAS BEEN YOUR GREATEST PERSONAL ACHIEVEMENT? Winning the '98 International Finals Bull Riding Title.



MOST FRIGHTENING MOMENT? Getting caught in "the well" of a spinning bull; the well is the inside part of the spin of a bull. If you are unfortunate to get bucked off the bull inside that spin, he will usually come right after you and can trample over you. Fortunately, the bull fighting clowns were able to "save my neck."

MOST EMBARRASSING EPISODE? Kansas City rodeo in '93; I was VP-elect for IGRA and was talked into some unusual participation in a fund-raiser for the rodeo. I had to ride in just my briefs and boots on horseback at the end of the rodeo. A buddy of mine, J.D. Norton, also rode; giving the crowd two different "types" I'd guess you could say. He's smooth-chested and I'm fairly hairy! Next we were pinned in and about 20 contestants and officials for the rodeo came into the arena with Readi-Whip cans and totally covered us in whipped cream! Very embarrassing, but we raised some money!

the HERO SPORTS resource guide

Ready to use your Speedo for something other than a tan? Joining a local team is a great way to stay fit, enjoy the rush of competition, and meet people outside the bars. For more links, check out heromag.com or outsports.com.

BASKETBALL
International Gay Men's Basketball
gaybasketball.com

BOWLING
International Gay Bowling Organization
igbo.org
212-255-0559

CAMPING & HIKING
Gay Outdoors
gayoutdoors.org

CLIMBING
Stonewall Climbers
geocities.com/yosemite/trails/4539

CYCLING
Different Spokes
differentspokes.com

FIGURE SKATING
International Gay Figure Skating Union
igfsu.org

GAY GAMES
Federation of Gay Games
gaygames.org
The Gay Games Sydney 2002
Sydney2002.org.au

GOLF
gaygolf.com

GYMNASTICS
International Gay & Lesbian Gymnastics Union
geocities.com/iglgu

HOCKEY
International Gay & Lesbian Hockey Association
igliha.org

MARTIAL ARTS
International Association of Gay & Lesbian Martial Artists
members.aol.com/iaglmado

RODEO
International Gay Rodeo Association
igra.com

ROWING
Gay & Lesbian Rowers Network
city-net.com/~lewis/glrn

RUNNING
Frontrunners
frontrunners.org

SCUBA DIVING
The Pool of Gay & Lesbian Dive Clubs
gayscuba.com

SKIING (SNOW)
SAGA North
saganorth.com

SKYDIVING
Rainbow Skydivers
egroups.com/group/RainbowSkydivers

SOCCER (FOOTBALL)
International Gay & Lesbian Football Association
iglfa.org

SOFTBALL
North American Gay Amateur Athletic Alliance
nagaaa.org

SWIMMING, DIVING, & WATER POLO
International Gay & Lesbian Aquatics
igla.org

TENNIS
The Gay and Lesbian Tennis Alliance
glta.org

VOLLEYBALL
North Ameican Gay Volleyball Association
nagva.org

WRESTLING
Wrestling Clubs & Organizations Link Page
plaza.interport.net/wrestle/clubs.html

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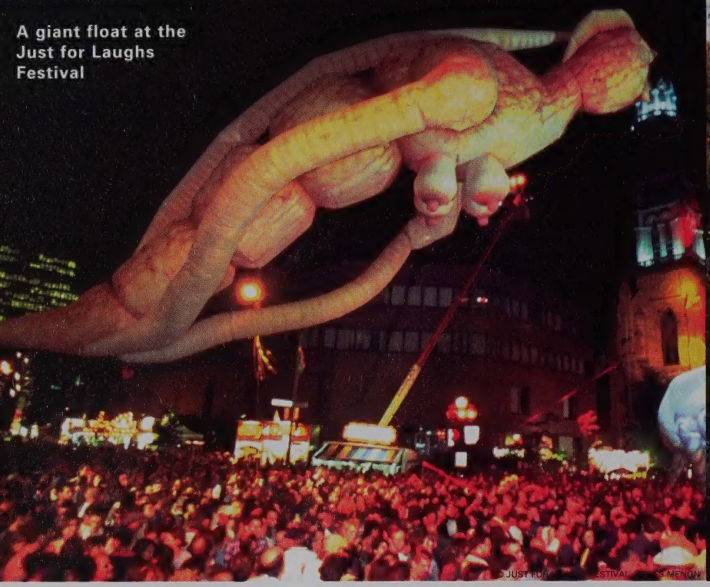
Voulez vous coucher à Montréal

Distinctly European with a unique mix of the new and old, this is a gay-friendly city with a French accent.

By Chris Measom

My friend Paul recently told me: "Canadians are like Americans, only without guns and with really good health care..." Well, Canadians may be somewhat like Americans in Ontanio and Manitoba, but *Québecers* are a completely different breed.

Montréal, an almost croissant-shaped island, is on the St. Lawrence river, and lies on plateau. But because there are no great symbols to conjure an instant image of the city in your mind—no Statue of Liberty, Eiffel Tower or Hollywood sign—a deeper look is required to catch the essence of the city.



A giant float at the Just for Laughs Festival

Pedestrians admire the perennials at the Montréal Botantical Garden

The secret to knowing Montréal seems to be in getting to know its neighborhoods and people. Without any distinct tourist traps, the city exists much more for living in than for touring around. That said, the natives tend to do their living like people on vacation. Although they have a share of the pragmatism that comes with their North American location—the unaffectedness of wearing shorts in the summer, boots in the winter for example—they also have a certain *laissez-faire* attitude associated more with their French/European roots. I was told by a Montréaler that if an employee were to take a 1 1/2-hour lunch, his boss, instead of being angry as we might expect here in the southern part of the continent (and in Toronto), would ask only if he enjoyed his meal. Their Latin roots also mean that they speak French. But English is understood by almost everyone too, and maybe it's this bilingualism that predisposes their brains to think naturally along alternative lines. For the gay traveler this means that besides finding a truly accepting atmosphere, you'll also find a surprising number of straight people at the Black & Blue circuit party, because it is *the* party in town and *the* place to go dancing no matter what your sexuality. Straight couples bring their rainbow-flag waving children to the Divers/Cité gay pride parade simply because it is their 'outing' for the day too. I spotted seniors in their folding chairs at the outdoor drag show during gay pride because it was taking place in their neighborhood park and they were being...neighbors. It helps that Montréalers are not likely to stay in if there's some kind of festival or parade to attend (and there always is), no matter what the cause or celebration.

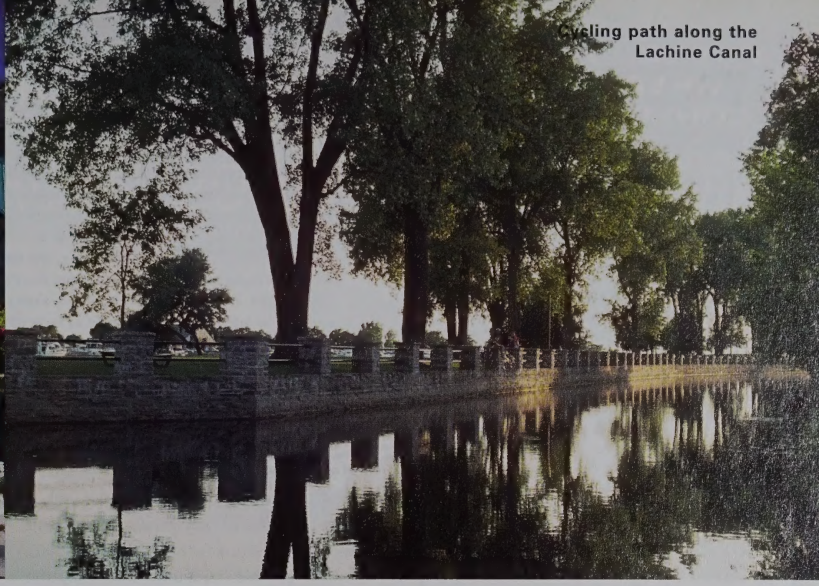
But this inclusion—or, *diversité* as they say—doesn't exist just so everyone can have more parties to go to. The province of Québec is serious about building a society that takes everyone into account. They are the first (we'll hope for more) government in North America to have abolished all distinctions in its laws concerning sexual orientation. Same-sex and heterosexual common-law spouses enjoy the same advantages and assume the same obligations. Besides the obvious statement of equality this law now insists upon, the general population is cool with it. As I cleared customs at the airport I told the agent that I was in Montréal to write about the city, to which he replied, "Well, there's plenty to write about, especially this weekend. We have gay pride and the Fêtes Gourmandes." The two events were absolutely equal to this man; a gay parade and a food fair. I couldn't imagine the customs agents in New York even knowing when and where gay pride is, let alone recommending it to out-of-towners. The fact that there was live, complete coverage of the pride parade on TV and that the radio reported, "At times like this Montréal is alive and at its best," speaks volumes. And Montréalers prove their social consciousness in more day-to-day ways as well, a case in point being the flower give-away. Each spring, organized through community associations, the city gives away a half million flowers to its citizens—and they go like hotcakes.

So while there may be no leaning tower of Pisa to climb or Empire State Building to marvel at, Montréal is a city to be experienced through its people, *lots of* world-renowned festivals (The International Jazz Festival, The World Film Festival, The Just For Laughs Comedy Festival) and . . . oh yeah . . . the shopping. With the exchange rate so good (assuming you have U.S. dollars) you can practically justify a trip to Montréal simply to shop (well, I can, anyway!)

Here's a brief introduction to Montréals major neighborhoods:

Old Montréal is a good starting place since that's where the city was founded and grew for the first two hundred years. Centered around the Place d'Armes, this warren of narrow streets and stone buildings is historic and romantic. Take in the street performers at Place Jacques-Cartier before heading to the Bonsecour Market (350 Saint-Paul Street East) where you'll get a quick cultural tour of Canada through the art, fashion and design exhibitions and shops. Wander through the streets, stop at a café and visit the Notre-Dame Basilica (110 Notre-Dame Street West), a masterpiece of Gothic Revival architecture. Next stop, The Village, named after Greenwich Village in New York. This predominantly gay neighborhood, located on Sainte-Catherine Street

Shop for antiques on Notre-Dame Street


Cycling path along the Lachine Canal

between Saint-Hubert and Papineau, is where you'll find a lively crowd along with the usual collection of gay bars, shops of rainbow and paraphernalia and men strolling hand in hand. The Saint-Pierre-Apôtre church at the corner of René-Lévesque and de la Visitation hosts the Chapel of Hope dedicated to AIDS.

A short subway ride from The Village will take you to the mix of office buildings and Victorian homes that make up Downtown. Here's where you'll find plenty of museums and good shopping. Walk along Sainte-Catherine Ouest, Peel and Sherbrooke, and something is bound to catch your eye and your wallet. Two great Canadian stores to check out are Simons (Sainte-Catherine Ouest and Mansfield) for it's Euro styles and great prices and the more upscale and expensive Holt Renfrew (Sherbrooke Ouest and de la Montagne). With shopping out of the way, soak up a little culture. Three good picks are: **The Canadian Centre for Architecture** (1920 Baile; 514-939-7026) a post-modern building integrated with a Victorian mansion devoted to architecture; **Cinémathèque Québécoise** (335 de Maisonneuve Boul. Est; 514-842-9763) an avant-garde museum of moving images; and the **McCord Museum of Canadian History** (690 Sherbrooke Ouest; 514-398-7100) which houses photos, textiles, fine and decora-

For a Romantic Weekend...

Stay at the Hôtel Le Germain (2050, rue Mansfield; tel. 514-849-2050, hotelgermain.com; C$210-C$425). Dark wood and earth tones ranging from beige to a deep flat green, overstuffed furniture and fluffy masculine bedS spell simple elegance. Best are the baths: silver and wood towel racks, floor to ceiling, wall to wall showers, Asian-inspired sink set in a wood table and recessed lighting throughout. All this and an excellent stereo in each room. And the music in the elevators is *not* elevator music. For a more intimate (17 rooms), affordable and gay place, La Conciergerie (1019 rue Saint-Hubert; 514-289-9297, C$77-C$92; .laconciergerie.ca) is an 1885 Victorian townhouse turned B&B. Located in The Village, it's within walking distance of all that's pink in Montréal. The price includes a continental breakfast and use of the jacuzzi.

Eat at Area (1429 rue Amherst; 514-890-6691; 3-course menu C$30-C$40) where funky jazz plays, candles provide the lighting, you share a huge central off-white leather banquette and enjoy the succulent duck breast and polenta. In Old Montréal Restaurant Bonaparte (443 rue Saint-François-Xavier; 514-844-4368; avg. entrée C$24) is both romantic and adventurous—its specialty being game. And, while not romantic in any traditional sense, Bens (990 blvd. de Maisonneuve ouest; 514-844-1000; beer and a sandwich C$8), a no-frills, cavernous place with quick-witted waiters, serves up the mysterious, intriguingly famous "smoked meat" of Montréal. No one would or could tell me what exactly this sort of smooth, flavorful corned beef-like "meat" was, but it makes a delicious late night snack.

Shop at Priape (1311, rue Ste-Catherine Est; 514-521-8451; priape.com), Canada's leading gay store. Heavy on all things sexual (leather and 'accessories' say romance to some), they are also the "unofficial" queer info center in town.

Attend any show at the performing arts center, Place des Arts (175, rue Sainte-Catherine Ouest; tel. 514-842-2112). Opera, the symphony, theatre or a perhaps a performance by Itzhak Perlman, November 28-29.

Last, but not least, take a sleigh ride around Old Montréal or through Mount Royal Park (weather permitting). Call Les Services de Calèches et Traîneaux Lucky Luc (514-934-6105).

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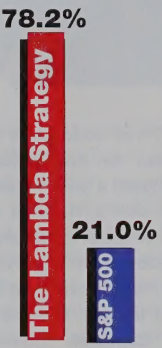

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Lambda Strategy composite results reflect the performance of all accounts that the Manager managed in The Lambda Strategy for at least one complete calendar year. The returns are a size one-weighed composite of all accounts open for one full year as of December 31,1999 and reflect reinvestment of income and/or realized capital gains. The returns reflect the deduction of the Prudential Securities Portfolio Management (PSPM) program fees. The Lambda Strategy performance numbers are net of a 3% annual advisory fee, the highest fee charged in the PSPM program. Your fee may be less, depending on the size of your investment. Standard &Poor's 500 index covers 500 industrial utility, transportation and financial companies of the US markets. The value-weighed index represents about 75% of the NYSE market capitalization and 30% of the NYSE issues The investment return of the SAP 500 is shown for comparative reasons. The index was selected because we believe they reflect the broad market within which the Manager invests. When comparing the returns of the manager to those of the index, you should take into account that the Manager does not necessarily hold the same securities as the index and that the index may not accurately reflect the asset allocations and portfolio characteristics of accounts managed by the manager. Investors cannot directly invest in an index. Since PSPM accounts are individually managed, account performance will vary. Past performance is no guarantee of future results. Managed money is not suitable to all investors. Call us to discuss whether this investment is suitable for you.Prudential Securities Incorporated. Member SIPC.

Attention shoppers!

Most important about shopping in Montréal is getting the sales tax back. This is a good thing because, depending on where you are in Canada (and maybe what you buy and how long you stay—it was a bit complicated), you might be paying some or all of the following taxes: the Goods and Services Tax, the Harmonized Sales Tax (how lovely that sounds) and the Province of Québec Tax. To be eligible for a refund, each receipt must be at least $50 and you need at least $200 worth of total purchases (remember this includes the hotel bill). Ask at any store or at the hotel for the forms needed, or contact Revenue Canada (902-432-5608; ccra-adrc.gc.ca). Good luck.

© TOURISME MONTRÉAL, STEPHAN POULIN

Shopping at Place Montréal Trust

tive arts reflecting the history of Canada. If you have more time, and 'just for a laugh,' visit the unique **Musée Juste Pour Rire** (2111 Saint-Laurent; 514-845-4000). But beware, this museum celebrating the "evolution of humor" sometimes calls for 'visitor participation.' And even if you have a good fine arts museum at home, you are not likely to see much Inuit art there. The permanent collection at the **Musée des Beaux-Arts de Montréal** (1379-1380 Sherbrooke Ouest; 514-285-2000) will give you a good introduction. And beyond the excellent like the "From Renoir to Picasso" show, a display of works from the Musée l'Orangerie in Paris which is on until October 15th, Alfred Hitchcock fans can ogle film clips, production stills, posters, annotated scripts and set models from November 16 - March 18, 2001 at the "Hitchcock" exhibition.

Winter shopping on Saint-Denis in Plateau Mont-Royal

Mount Royal, the . . . eh-hem . . . *mountain* (do not tell Montréalers this is only a large-ish hill—they seem to be very touchy about it) in the center of the city is a magnificent park only steps from the downtown shopping district. Designed by Frederick Law Olmsted (who also did Central Park in New York), this is an ideal spot to get a bird's-eye view of the city and/or some exercise; bike here in the summer and cross-country ski or skate in the winter. The fall is particularly stunning due to the abundance of maple trees which turn the most spectacular colors. Take Peel to the end and look for the stairs to start your climb to the top.

The **Maisonneuve** neighborhood gets its name from the immense park containing the Olympic Stadium and the Jardin Botanique. Built for the 1976 Olympics, the stadium, which Montréalers complain they are still paying for (it was supposed to cost $55 million, but...oops...the bill came in at $1 billion) looks like a giant space ship and provides great views, along with enough space to hold the 65,000 dancers expected for the thump, thump, thump, mega-interactive AIDS fund-raiser/circuit party called the **Black and Blue Festival** on October 8th. Oh yeah, they also play sports there. Meanwhile, across the street at the **Jardin Botanique** (514-872-1400), the Magic of Lanterns exhibit runs through November 5th. Located in the Chinese Gardens, go at sunset when the more than 600 whimsical lanterns are lit and enchant garden visitors every night until 9pm. Keeping the ecology as theme, the **Montréal Biodôme** (477 Pierre de Coubertin; 514-868-3000), an environmental museum in the park, lets you wander through four different ecosystems from tropical rainforest to the polar world. **H**

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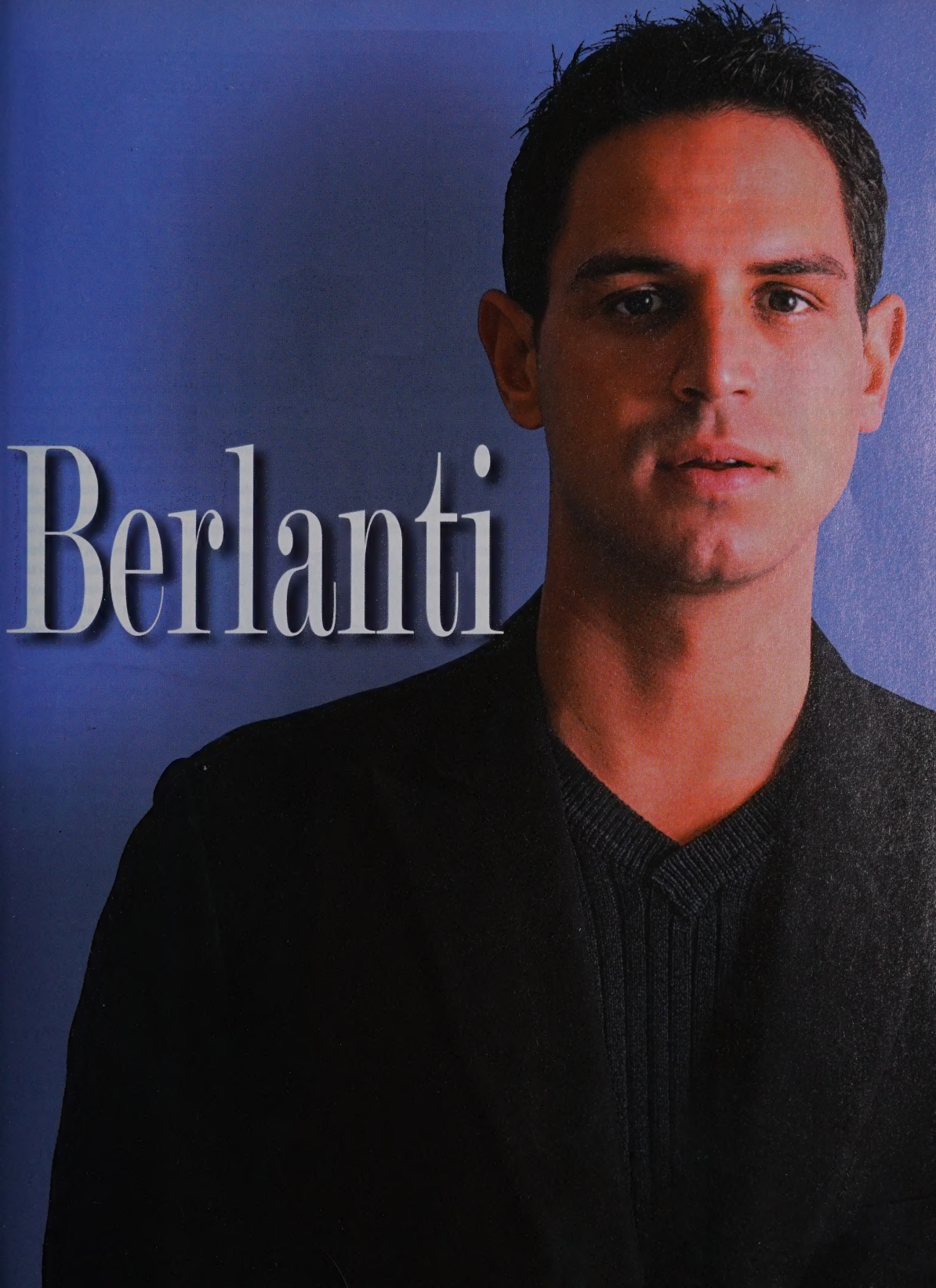
Baseball & Boys with Greg

an interview with the writer/director of *"The Broken Hearts Club"*

Greg Berlanti came to Hollywood in 1995 to follow his dreams, and 5 years later, he's right on schedule. At only 28, Greg is a writer and executive producer on *Dawson's Creek*, and he has written and directed his first film, *The Broken Hearts Club*. Greg recently talked to HERO about following your heart and dealing with "shitty men."

By Joe Whitmore
Photography by John Russo


Berlanti

Joe: "*The Broken Hearts Club*" portrays a pretty "regular" group of gay guys. Were you consciously trying to make a "non-gay" gay movie?

It was more of a response to my feeling vastly under-represented. I felt like, "Why aren't I having the same kind of experience when I go to films that my straight friends are having? Why do I have to look to so many films that represent straight people to find my identity in the movies?" For me there was no gay date movie. When I came to Los Angeles, I met a group of friends that were a lot of things I didn't realize gay men were. Simple things, like mountain climbers. [laughs] I should have been more aware, I guess, but I wasn't. I was scared and felt alone, and then I discovered a group of people who seemed to be like me. I think the movie has a lot of characters that are guys who are just trying to have a good day. Life heaps what some would call "not important" problems on the characters, but you have a whole group of guys who are sort of suffering from the regularities of life, and people are realizing that the movie could be about anybody. We have more miseries in common sometimes than we do other stuff.

So you wrote about your friends?

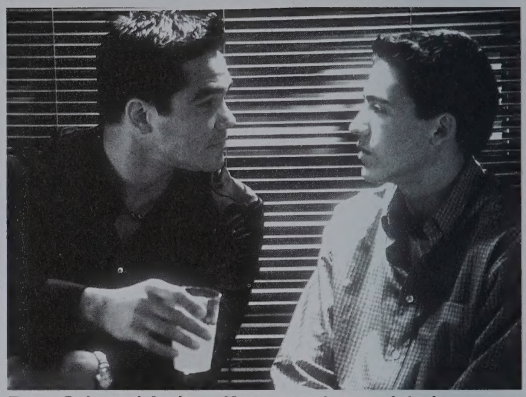
I started to draft some of the stuff from friendships, but also from "What would be a really romantic way to meet someone?" I showed it to two friends who helped with the development of the script, and it was interesting to get both a gay man's and a female's perspective throughout the process. They would respond the same way emotionally to the scenes, and I realized there's a potentially large audience of straight women out there that understand what gay men are going through in the dating scene.

The universality of the human experience...

And the universality of shitty men! [laughs]

How did your writing career start?

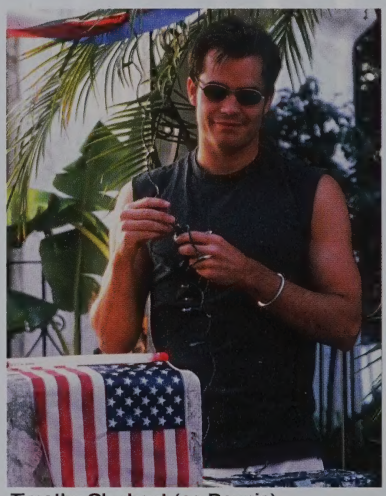
I wrote maybe 9 or 10 scripts before I was actually hired to write anything. I came out to LA to write, but I had to take a series of bad, ugly temp jobs. I finally landed this one job in development and I was either going to head down the film development route and be a film executive, which really frightened me, or I was going to revisit my dream of being a writer. So I quit my job. I had about three months worth of money, and I had two ideas. One of them was a big romantic comedy idea, and the other was the "*Broken Hearts Club*". Everyone said, "Write the big romantic comedy because you can sell it for a lot of money," but I had just broken up with someone–or he had just broken up with me. He said I was "too complex." It hit him as he talked to me on his portable phone from his bubble bath–I was too complex. That night I said, "I need some music I can either wallow in or that will make me celebrate and go out." I put on Karen Carpenter. [laughs] I sat down and wrote the first fifteen minutes of the film, which introduces all the characters. That part of the script never changed from the time I wrote it. I showed it to my friend Julie, who said, "Don't listen to what anyone tells you about the big movie. Write this movie." I finished the script in about a month.



Dean Cain and Andrew Keegan get acquainted.

Which is not exactly a typical development period...

It was one of those things that just poured out. Then Julie got it to Kevin Williamson [*Scream*], who said that it was great, but "What else does he have?" I said, "I also have this big romantic comedy idea." And he said, "I want to produce it." So the first thing I sold, after 11 scripts, was an idea. [Laughs.] In the meantime, Kevin gave it to Paul Stupen of "*Dawson's Creek*" who said, "Hey, would you like to come on and write a few episodes of the show?" So I took the job, which became 8 or 9 episodes by the end of the year, and I stayed on the show.



Timothy Olyphant (as Dennis)

How did directing the film come about?

Well, in the midst of all that, Mickey Lidell read the script. He was producing *Go* at the time. We were in an elevator and I was going up to work with Kevin and someone introduced Mickey and he said, [*The Broken Hearts Club*'s working title] was my favorite script last year." I said, "Why don't you produce it?" A few weeks later we sat down and at the end of the meeting, Mickey said, "I really think the package is you. I think you should direct the movie." I was scared to do anything other than *Dawson's*, because I was really working for the first time, but my experience in television was starting to accumulate enough that I also knew what it felt like to do a short film. Television is like you're making a movie every week. It's intense, and I'd learned enough that I thought, "It may not be the craziest thing..."

Had you ever directed before?

I had never directed film, but I had directed plays. I knew my strength was that I could direct actors--the thing I was least likely to suck at. [laughs] I read every book I could read on directing, and I knew I needed a veteran Director of Photography. I found Paul Elliot, who had done "*And the Band Played On*" and "*Soul Food.*" I sat down with him two weeks prior to starting the movie and said, "I know nothing about what we're about to do. You have to teach me everything." We would work about 12 to 14 hours a day. It was like he put me through film school in two weeks.

Were you nervous the first day of shooting?

We got to the set the first day and I found Paul and I pulled him over to the corner. I said, "Okay, we've gone over everything. I know what light is over there and I know what that guy's doing. But at what point do I yell, 'Action!'" I was totally serious. He said, "Well, everyone will get in place and I'll look at you, which means I'm ready, and you yell 'Action!'" I said, "Well you can't look at me before that because I'll yell 'Action!' and look like an idiot."

You must have caught on quickly.

I began to realize that as a director the best thing you can do is just pick. You pick actors, you pick scenes, you make decisions. They should call it "picking." But you have to be able to pick things quickly and figure out what will be the best. You can't be married to anything. As the director who was also the writer, I really couldn't be married to anything.

"I began to realize that as a director the best thing you can do is just pick. You pick actors, you pick scenes. They should call it 'picking.'"

Did you have two hats that you changed back and forth?

No, I really left the writer at the door. In rehearsal with the actors I said, "You know, guys, I wrote this thing a year ago." When I wrote it, it was such a response to what I was going through as a person that when I directed it that much later it didn't even feel like I'd written it. I said, "What I do want to do is honor what my intentions originally were, because it got enough people interested."

Was it strange to have Superman [Dean Cain] in a gay movie?

It really wasn't, because I hadn't really watched the show that much. I think he would say he doesn't watch *Dawson's* that much, so I don't feel like I'm offending him. I knew other people would know him, because he has a huge fan base from *Superman*.

What's he like?

He's very charming, and seems unaware of how charming he his.

It works for his character, too. His character is an ass in the way he deals with prospective boyfriends, but you end up liking him.

Hasn't there been a time when each of us hasn't returned someone's phone call and sort of pretended that they would go away? Then you see them out and smile and inside you say, "Oh, my God!"

And how did John Mahoney [*Frasier*] come aboard?

His people got the script and said, "He's not doing films during '*Frasier*' right now," but Joseph Middleton, the casting director, said, "Write him that letter that you've always wanted to write him." So I wrote it, saying, "This is why I thought of you for the part." We got a call saying, "John wants to meet with Greg," so I sat down with him for lunch. At the end of lunch he told me a story about directing an actress that he sort of worshiped and how he was timid about directing her and that it affected the production. He looked at me and smiled and said, "Don't be afraid to direct me." I was looking at a man who had worked with Cameron Crowe and Barry Levinson, and I thought to myself, "Well, if he's saying that to me, then that's going to be my take with everyone."

Looking back on that Karen Carpenter night, it must be surreal to realize that your movie is actually opening. What have you learned from the experience?

There are a couple things. One is that if you really let things go and let people be a part of your dream and trust those people that are going to help you, you can inflate your dream into reality. I've also learned, "Pursue an unknown end." A teacher used to tell me that in high school. It was a quote by Francis Bacon. If you really look at the directions you can go in life, usually it boils down to "Things I know" and "Things I don't know." If you go in the direction of "Things I don't know" it's much more exciting.

I know many people were thrilled about "*The Kiss*" between the two guys on *Dawson's Creek* last season. Now that a few months have passed, how do you feel about how it all panned out?

We tell a lot of stories about Jack and it doesn't get any attention, then we do "the kiss" and it gets all this attention. People start bringing up words like "agen-

da." The "agenda" is that I've got six kids on the show going through a given set of circumstances and experiences that are reflective of who they are. Jack is gay, so he has experiences that reflect that, but that's not all he is. It just felt to me that Jack had been called gay for thirty-five episodes, and it seemed silly that we had thousands of other kisses on the show between people and he had never had a kiss.

Did viewers respond positively?

I had someone come up to me after a screening the other day who said, "I really enjoyed the movie, but thank you so much for the part you played in the Jack Kiss." He started to cry and said, "If I had just seen that five years ago!"

I felt that way about *"Longtime Companion,"* which was a devastating film, but an important one for me.

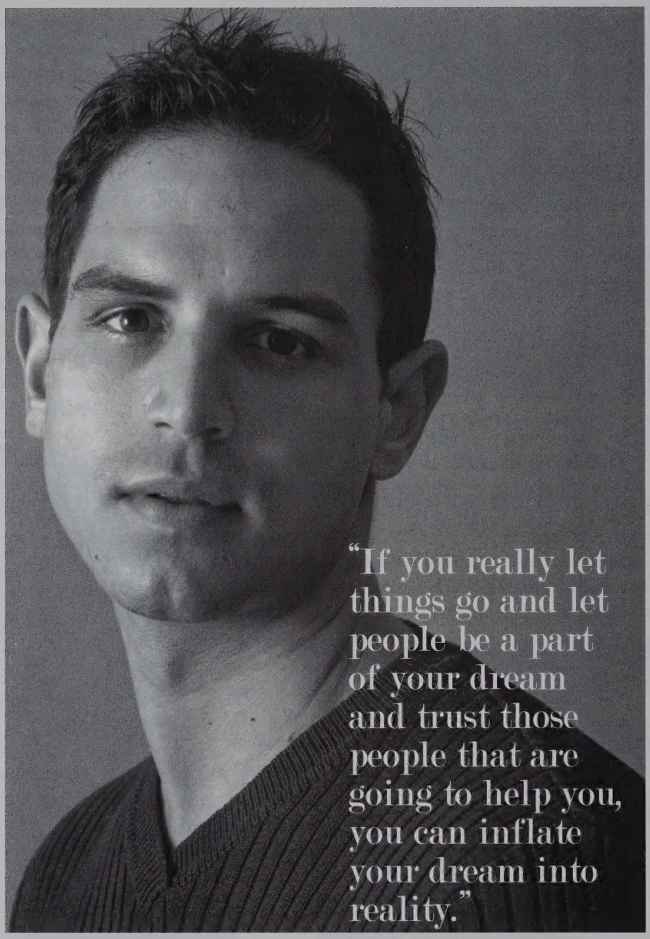
Totally. I was in college when I saw it. My roommate and his girlfriend were watching it. They went to bed and the tape was there, so I go into my room and put it on my VCR and I watched it three times that night. I was bawling, and so grateful to the people who had told that story and portrayed that group of friends. I saw a piece of myself in some of those people and felt that much more normal and okay.

I think if young gay men see a gay movie without the tragedy, it'll be all the more empowering.

I didn't aspire to write a political movie, but if it's political in any way, it's political in how not political it is. Finally, thank God we can make a movie about gay people that, as important as those other films are, just reflect our everyday lives.

With *Dawson's* and *Ellen* and *Will & Grace*, it seems like an exciting time to be gay in Hollywood.

Well, here's the thing. I'm ecstatic, but I think now is also the scariest time. Now is a time where people can point and say, "See, we have gay images on TV and in film. Don't we have enough?" The answer is that there are never enough stories about anybody. Hopefully everyone will work that much harder to say, "We've got these doors open. Let's not let them shut." And the key lies in audiences supporting these gay films and television shows. The audience has the power.


"If you really let things go and let people be a part of your dream and trust those people that are going to help you, you can inflate your dream into reality."

How did your parents feel about the movie?

There was a screening in New York and my parents brought 25 of their friends. I only told them I was gay three or four years ago. I can make no better case for how far your parents can grow and come with you if you're honest with them about what you're going through and who you are.

What meaning would you like people to take from your film?

I think that what it really boils down to is how important your friendships are to you after you come out. For all the hardships that gay men and women have, the one thing we really have down is the notion of "build your own family." They're there for you through thick and thin, and you feel protected by them, and also sometimes completely exposed by them. At the end of it, you sort of come through the other side as the person you're meant to be. You can't be more grateful to them for that.

Who are your personal heroes?

A few weeks ago I got a call that James L. Brooks [*Terms of Endearment, Broadcast News*] had seen the film and wanted to meet. I was trembling. We talked about the film, and I hate to paraphrase him, but he said, "Your film's a seminal film. I've never seen a true romantic comedy about gay people that didn't sacrifice anything to make it more mainstream or more for gay people." And in that moment I really felt like a filmmaker. My other hero is my father. I was in college and I called him up and said, "I can go comparative studies or I can go with all this other creative stuff." And he said, "No, I want you to study theater. I want you to be a writer because it's what you love." For him to be this Italian business man with the upbringing he had, and to have this son who wants to be in theater and television and then comes out of the closet–I hope I'm able to support my children if they're that different from me. **H**

"The supreme happiness of life is the conviction that we are loved." —Victor Hugo

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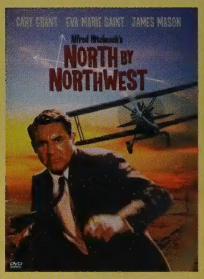
Tigers in Tigerland

CLASSIC PICK

North by Northwest **is one of Alfred Hitchcock's best films, a richly-plotted ordinary-guy-swooped-up-in-espionage caper starring Cary Grant and Eva Marie Saint. If you've only seen *North by Northwest* on VHS or late-night television (which means almost everyone under 60), you'll be thrilled by how great the film looks in its DVD transfer. The colors are crystal clear and radiant (as only an old Technicolor film can be), and Robert Burks' cinematography is still stunning, including the famous crop-duster attack and the chase across the face of Mount Rushmore. Bonus features include a feature-length audio commentary by screenwriter Ernest Lehman, a production stills gallery, and a music-only audio track, plus a fascinating behind-the-scenes documentary, *Destination Hitchcock: The Making of North by Northwest*, hosted by Eva Marie Saint herself.**



The Broken Hearts Club—Gay men looking for love. Sounds like the HERO Bachelor Party! Featuring Dean Cain and Timothy Olyphant.

Bamboozled—Damon Wayans and Savion Glover star in a film about a hit television show that features a cast made-up minstrel-style in blackface. Risky material, but let's hope Spike Lee's at his brilliant best.

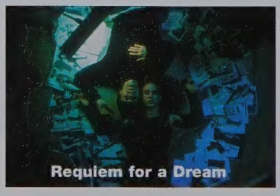
Dancer in the Dark—Bjork (Best Actress at Cannes!) plays a mom going blind who slaves away at a factory to pay for the operation that will ensure her son doesn't suffer the same fate. You thought you had it bad.

Dancer in the Dark

Get Carter—Stallone's back in a new action movie, though the trailer plays more like a farce or a horror film, depending on how you feel about Sly's career.

Meet the Parents—Ever worry about meeting your future father-in-law? Imagine if he were a cranky Robert DeNiro. Ben Stiller plays the unlucky groom.

Requiem for a Dream (LA & NY)—Jared Leto, Jennifer Connelly, and Ellen Burstyn explore the hell of drug addiction. Expect great acting from Burstyn and great


Requiem for a Dream

depression as you leave the theater.

Tigerland—Joel Schumacher (*Batman & Robin, A Time to Kill*) directs several hottie recruits through basic training for Vietnam in 1971.

Bounce—Gwyneth Paltrow and Ben Affleck in a romantic drama. What more do you need to know?

The Contender—Joan Allen, a senatorial candidate for the Vice-Presidency, has her sexual past thrown in her face by a vengeful Gary Oldman. Also starring Jeff Bridges.

The Contender

Dr. T and the Women—Robert Altman's back with one of his all-star casts, including Richard Gere, Helen Hunt, Laura Dern, Shelley Long, and a naked, fountain-dancing Farrah Fawcett.

Pay it Forward —Helen Hunt, Kevin Spacey, and Haley Joel Osment star in a modern-day fable that goes straight for the tear ducts —and Oscar nominations.

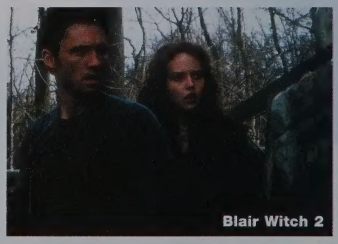
Wonder Boys—If you missed it the first time (probably because Michael Douglas looked like hell on the poster), give Wonder Boys a chance as it's rereleased for Oscar consideration. Frances McDormand, Robert Downey, Jr., and Tobey Maguire are all great.

The Yards—Mark Wahlberg and Joaquin Phoenix play cousins in New York City, one of whom is framed for a crime he didn't commit. Run for your life! Faye Dunaway and James Caan round out the cast.

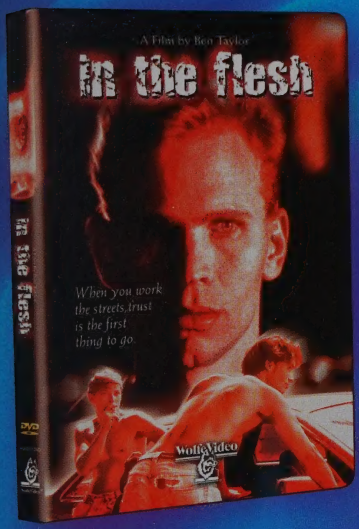
Lucky Numbers John Travolta and Lisa Kudrow play co-workers at a Pennsylvania television station who try to rig the lottery. Nora Ephron directs. We laugh.

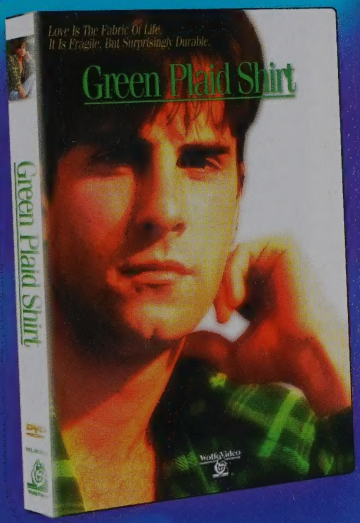
What's Cookin'—Kyra Sedgwick and Julianna Margulies play lesbian lovers. Oh, and Alfre Woodard, Mercedes Ruehl, and Joan Chen are in it, too.

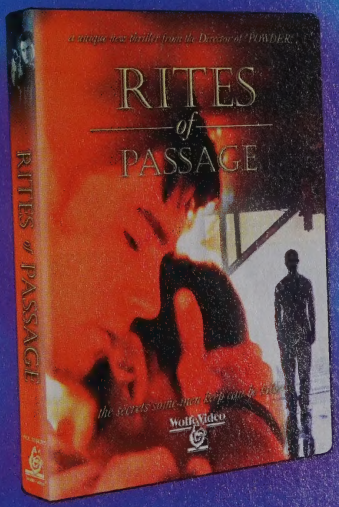
Blair Witch 2—The Witch is back as more unknowns face the unknown in and around Burkittsville. Will frightening strike twice?

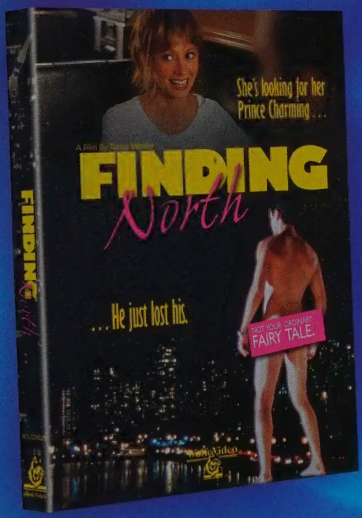

Blair Witch 2

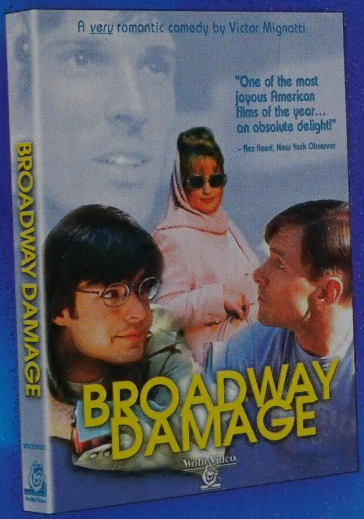
Get'em on DVD!







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- Rex Reed, New York Observer
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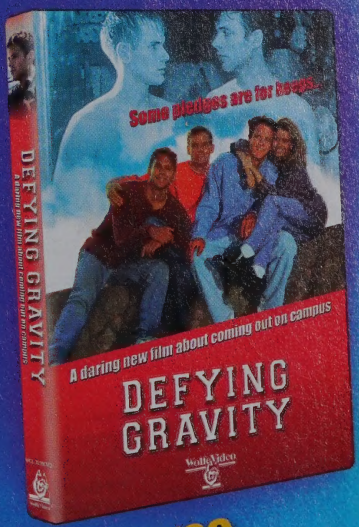

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Whose Song & Other Stories

Tues. Oct. 24, 7pm
MICHAEL THOMAS FORD
It's Not Mean If It's True

WEST HOLLYWOOD

Fri. Oct. 6, 8pm
KARL SOEHNLEIN
World of Normal Boys

Sat. Oct. 21, 8pm
ANDY SCHELL
My Best Man

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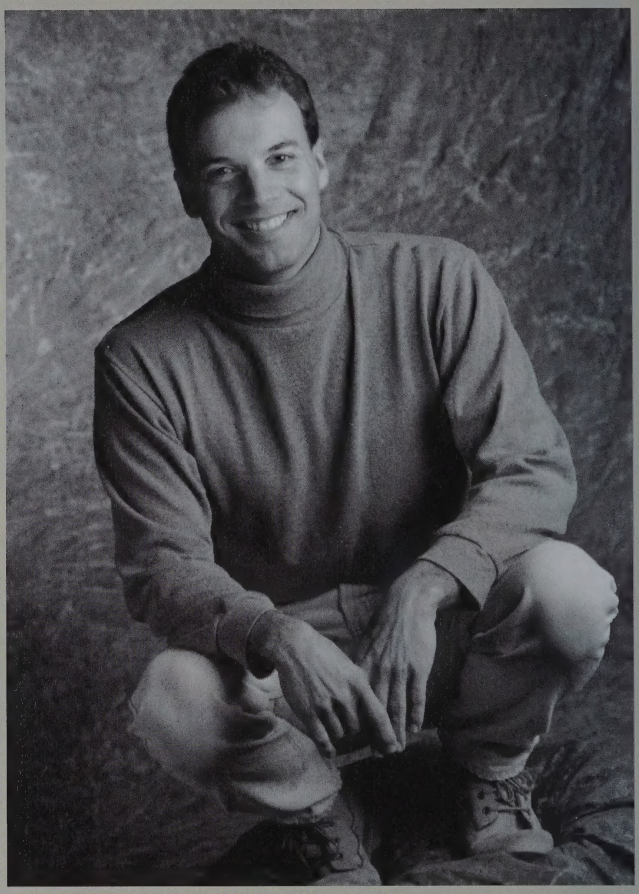

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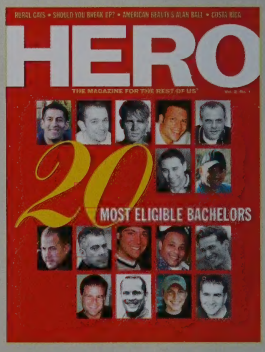

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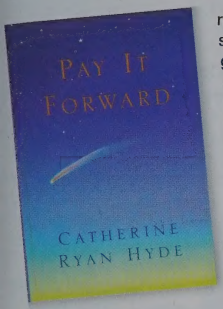
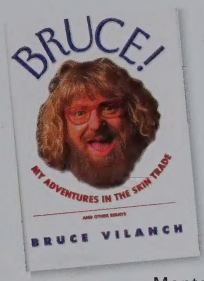


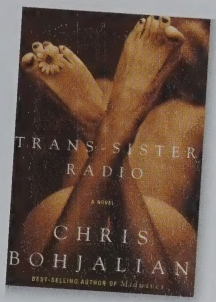
PAY IT FORWARD is that rare kind of novel, a sentimental tale of goodness that doesn't make you want to gag. Like the best tear-jerkers (*Terms of Endearment* or *Steel Magnolias,* take your pick), it's deftly written, honest, and full of characters you can't help but care about; the characters are the reason you're willing to come along for the ride, and ultimately why you're using Kleenex at the end. Reuben, a teacher, gives his 7th-grade class an assignment: "Change the world." Trevor, one of his students, comes up with "paying it forward." You do an amazingly great thing for three people, and instead of paying you back, they pay it forward – they do an amazingly great thing for three more people, and so on and so on. To the jaded, it sounds implausible, but the novel has fun with what could happen if such a movement caught on. By the end you can't help but be moved by the possibilities. Obviously Hollywood thought the story was a winner – the movie (to be released this month) went into production last March, the same month it was published as a book. It makes you believe in the possibility of unabashed kindness, if only while you're sitting in your favorite easy chair.

BRUCE! MY ADVENTURES IN THE SKIN TRADE AND OTHER ESSAYS by Bruce Vilanch

Unless you've been living under a rock, you've heard of Bruce Vilanch. One of the wittiest men in Hollywood, this out-of-the-closet writer has recently come out of the writer's closet, parading his frizzy-bear-self in his Off-Broadway show, a much-lauded documentary *(Get Bruce),* and numerous television appearances, including a permanent spot on Whoopi's *Hollywood Squares.* With his new book, he becomes portable, so you don't have to ever be without one of his smart, dead-on observations, broken up into small chapters for you MTV-addled readers. It's no secret that he's a master of scripted humor (ask Bette Midler and Billy Crystal), but *Bruce!* contains often surprisingly poignant and sober musings on everything from Mel Gibson and Gay Pride to Elizabeth Montgomery and Provincetown. His multi-talent continues to shine, and we're lucky to have him!

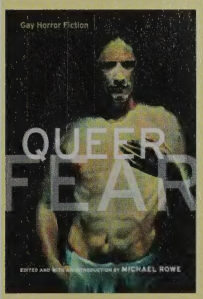


Imagine you're a man who's always felt more like a woman, but you're also a man who loves women. Put simply, you're a lesbian trapped in a man's body. In Chris Bojalian's **TRANS-SISTER RADIO**, Dana is that kind of guy. He's made a life for himself as a well-liked college professor, but he's always felt like there was something missing—or not missing, so to speak. Just when he's finally ready to go through with a sex change, he falls deeply in love with Allison. Though he's afraid of losing her, Dana tells her what he'll be losing in January, and what happens as Dana, Allison, Allison's daughter Carly, her husband Will and the entire community gets drawn into the drama makes for a very satisfying and thought-provoking read. Bohjalian is an astute writer, and he moves deftly between characters' points of view to tell all sides of the story. A much warmer tale than the one Oprah picked for her book club (his *Midwives*), *Transister Radio* is an interesting meditation on the nature of what makes a man, what makes a woman, and how the lines between genders can sometimes be blurred. —*JW*

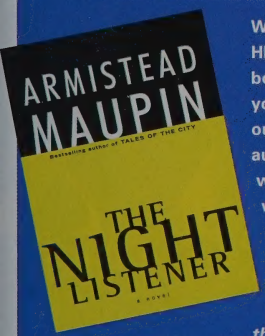


Queer No Evil

Just in time for Halloween, QUEER FEAR is a collection of gay-themed horror stories featuring work by some of the hottest horror writers around, and edited by award winning novelist Michael Rowe *(Looking for Brothers).* The stories run the gamut from vampires, werewolves, and ghosts, to deeper explorations of the evils in the human psyche. "When I conceived the anthology," says Rowe, "I wanted first-rate horror stories that could stand on their own as horror stories, but which featured a gay protagonist, antagonist, or theme." Many of the writers in *Queer Fear* are winners of the prestigious Bram Stoker Award and the equally prestigious International Horror Guild award (not to mention the Lambda Literary Award). The author list comprises best-selling veterans of the genre (Douglas Clegg, Caitlin R. Kiernan, Brian Hodge) and talented newcomers making their debuts (C. Mark Umland, Becky Southwell, T. L. Bryers). Hits bookstores in October.



INTRODUCING THE HERO BOOK CLUB!



We're taking our book coverage a step further with the HERO Book Club, an interactive way to bring you into our book review process. In each issue we'll pick a book, and you'll have a month to buy and read it. You'll be able to join our website discussion group or interact live with the author in our online author chat. And in the following issue, we'll have an interview with the author discussing the work and incorporating questions readers have asked online.

Our pick for November is *The Night Listener,* the gripping new page-turner from Armistead Maupin *(Tales of the City).* Buy it, read it, and join us at heromag.com for the discussion.

Fixx

TORI FIXX TAKES

From Marky Mark's backwards ball cap to Madonna's Mary J. Blige "Music" persona to Janet Jackson's bumps and grinds, a large segment of the present generation's gay pop iconography has been tied to that of urban and hip-hop music. We wear the clothes. We crank up hip-hop radio stations and flock to their deejays when they show up at Pride events. In big cities and small towns, gay-speak has adopted a variety of expressions directly from hip-hop lingo.

But what are we buying into, literally and figuratively? The world of hip-hop music is presently dominated by such rap performers as Eminem, L'il Kim and Dr. Dre, the content of whose lyrics is often violent, misogynistic and stridently anti-gay.

Given the irony of this, it could only be a matter of time before a gay hip-hop movement began. And begin it did, in Oakland, California, with the self-proclaimed 'queer hip-hop' group Rainbow Flava, who rapidly became local favorites. The central member of that group, 25-year-old singer and rapper Tori Fixx, is now trying to take Rainbow Flava's inclusive groove to a wider audience with a debut solo CD titled *The Mochasutra.*

The music on the album has hip-hop's familiar Jeep-thumping bass lines, but the lyrics chart new territory for the genre. In the place of his rap music peers' boasts about gang violence, man-stealing and acts of spite, Fixx lays down his humanist views on religion, sex, and the complexities of gay male relationships:

I'm looking for you/a straight-up dude to take his and give my life to/we used to kick it. Remember that?/it was just you and me/non-committed but we were kinda dating seriously/remember all the things you said to me?/like "you should move in." do you say that to a friend, or were you just joking?

The album, and its first single "One More Night," are riding high on several Internet radio charts. On the eve of the song's release to commercial pop and hip-hop stations, I asked Fixx about his expectations for the record, and whether his choice of material album constitutes a personal manifesto.

TF: I wanted something sexy, gay-friendly, but not something that was really political and in-your-face. It's a reflection of my life. I am who I am, but I'm not running around flaunting it.

You say you're not running around flaunting it, but some of the lyrics on the album are pretty explicit, pretty forward.

What I mean by flaunting it is like, "I'm gay, nyah-nyah-nyah". For me, part of sexiness is being very blunt, very forward.

What prompted you to make a hip-hop rap album that has such strongly gay content?

In the music industry, the things that have made it are controversial, from Elvis Presley on up to Prince and Madonna. Everyone was claiming that everything had been done, but this is something that hadn't. I met my manager and he heard some of the gay material I'd been working on and he said, "We have to put it out there.

How old were you when you came out?

Eighteen. And it was not by choice. I grew up in Minnesota, a very protected child. My mother was very strict on me. Sex was kept away from me. The craziness of the world was kept away from me. I remember having feelings

lip-hop is not accepting of very many things at all. It's really just very dark. I know a t of people dance and party to it, but when you really listen to it, it's very gloomy."

rd guys and thinking, 'This is crazy! What is ' So I fought with it all through high school knew when I was eighteen, full-on that I was and didn't know what I was going to do about ad a best friend all through high school and le started assuming that we were together. keep things from getting to his family, who d just flip, I had to come out and tell every-, "Hey, I am, but he's not."

was your announcement received?

at's when I found out who my real friends , because about half of them just kind of dis-ared.

u were a deejay for Prince. How did that hap-

had some models that were best friends of in high school. I got to be an extra in a video s. I started getting invited to his private par-nd then one day I got a chance to deejay. I know Prince was there, so when he came in st scared the hell out of me. He said he ed what I did and wanted me to be a part of his [club and party] team.

Was there any point where you felt that being gay would put you at odds with a music career?

Yes. I didn't want to end up like those guys in 'N Sync where the public is watching every little thing you do and you start taking drugs because you're hiding all these facts. The one thing I wanted to do is an album of this sort, something to put it all on the table so that no-one could come back later and say, 'Guess what we found out?' Of course, that was before George Michael and Ellen and now we've had so many people come out that it really isn't that big of a deal any more.

Even in the world of hip-hop?

In hip-hop it is a big deal and always will be. Hip-hop is not accepting of very many things at all. It's really just very dark. I know a lot of people dance and party to it, but when you really listen to it, it's very gloomy. Whether I admitted I was gay or not, that's probably how I'd be perceived. Hip-hop doesn't really talk about love or other positive things. I don't know if [The Mochasutra] will really be accepted by them, but I don't know how long hip-hop is going to last.

Even in light of the current success of artists like Eminem and Lil Rim?

I think it'll be kind of like the punk movement of the late 70s and 80s. Hip-hop had its heyday in the 90s and now people aren't showing enough originality to make it last, so it'll go back underground in the same way punk did.

What music do you listen to at home?

I'm an alternative junkie. As a DJ, I have zillion records. But none of the Britney Spears remixes get played when I'm at home. I put Kate Bush and Sarah McLachlan on shuffle and just let 'em go all day.

How do you think radio is going to respond to The Mochasutra?

They'll have to edit the swearing. But there's a station up here that's playing the song I Do Both Jay and Jane [by singer LaRissa]. A lot of the rappers now, especially the females, are starting to play with a little bisexual thing. So who knows? I didn't think straight people would like my record at all, but I've had seventeen-year-old girls come up who have bought the CD and want my autograph. At first I had to ask them, "Did you listen to the words?" They said they had and thought it was cool. That's mind-blowing for me.

What's your favorite track on *The Mochasutra* ?

I likeThe Papi's Layer. It's got a jazzy feel to it. Plus the song is really personal.

...all my life, right? I've been keeping papis in sight/thought you were God's gift/let me break it down so you understand/thick eyebrows/brown eyes and a tan/didn't ask for you to be my fantasy but you are/you ain't got to speak Eng' to hit it/Te quiero papi chulo all day all night/you got little daddy swingin' now/ ya ya ya

You have a fascination with Latino men?

I did for a really long time. For the people I hung out with, they were considered really exotic.

I don't suppose you encountered a lot of Latino papi chulos growing up in Minneapolis.

No, exactly. But now I live in California, and they're all around me. So my curious fascination has been satisfied. (laughs) Well, partially. **H**

Tori Fixx's The Mochasutra is available at torifixx.com *and* heromag.com.

ated!

HIP HOP FOR A JOY RIDE

INTERVIEW BY BEN PATRICK JOHNSON
PHOTOGRAPHY BY MARC GELLER

SARA LEE – Make It Beautiful

Sara Lee's name will undoubtedly be familiar to you if you read liner notes like me. Lee has played bass on albums by Ani DiFranco, the B52's, Indigo Girls and Gang of Four. On her solo debut disc, Lee enlisted the songwriting skills of several of her musical collaborators to co-write songs with her, which she sings in a confident, (if not all that powerful, voice). The title track and "Hood Over Hood," both co-written by DiFranco (who supplies background vocals on the first song), are funky and rhythmic little numbers that highlight Lee's bass guitar playing. "Grace," co-written by Emily Saliers, is a toe-tapping love song as graceful as its title suggests. Jules Shear's pal Pal Shazar co-wrote four of the album's songs, the highlights of which includes "My Way," with its soulful horn section, and the upbeat "Come Round" (which features BETTY on backing vocals). "Thin Ice," co-written by Kristen Hall, is the album's most enchanting ballad.

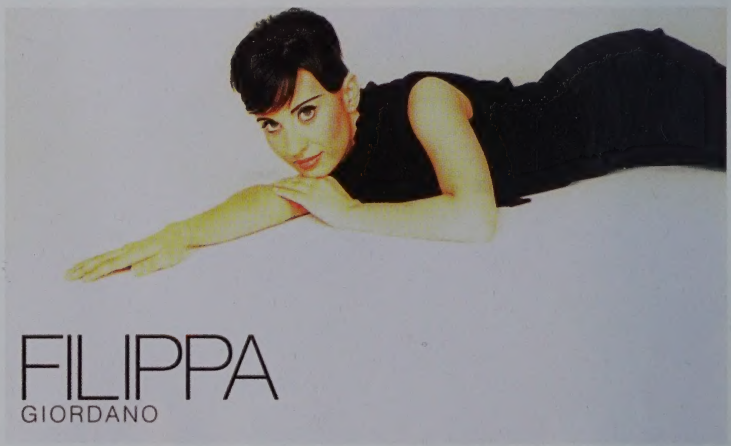
HOLLY NEAR–Simply Love

"Definitive North American cultural worker" Near's living legacy is spread out for our ears and our eyes on this two disc "women's music collection" spanning more than fifteen years. One of the most recognizable names and voices in the arena of women's music, Near's significant contributions are still as vital today as they were when she released her first album in 1973. Her vocals, reminiscent of both Joni Mitchell and Joan Baez, and the songs she sang of personal and political empowerment still resonate today. This compilation includes Near originals (staples such as "Something About The Women," "Golden Thread," and "Imagine My Surprise!") as well as compositions by other women (such as Ferron, Meg Christian, Margie Adam, and Linda Tillery) who were, and still are, active in the women's music community. Near's cover of Cris Williamson's "Waterfall" (recorded live at the 1985 anniversary of the Michigan Womyn's Music Festival), featuring guest vocal performances by Rhiannon and Adrienne B. Torf, reminds us, as this compilation does, that sisterhood is indeed powerful.

BRENDA RUSSELL–Paris Rain

Brenda Russell's songs have been covered by Donna Summer ("Dinner With Gershwin"), Luther Vandross ("If Only For One Night"), and Oleta Adams ("Get Here").

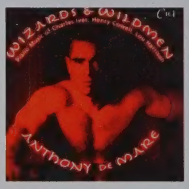
Beloved and respected as a songwriter, Russell herself had hits with the songs "So Good, So Right" and "Piano In The Dark." Russell has returned after a number of years with a mature and varied new album. Her timing is great, considering that more traditional sounding R&B is making a comeback thanks to artists such as Angie Stone and Mary J. Blige. Russell wrote or co-wrote 10 of the album's 11 tracks.The Perry Sisters (Sharon, Carol, and Lori), who backed up performers at the Equality Rocks concert in Washington DC contribute backing vocals, as do out and proud backing vocalists David Lasley and Arnold McCuller. Russell sounds a bit like Dionne Warwick on "Something About Your Love," and she expands her style by including Latin rhythms on the songs "Walkin' in New York" and "Please Felipe." Russell also shows that she hasn't lost her ability to craft beautiful ballads ("Love And Paris Rain") and catchy pop songs ("Move The Moon," co-written by Carole King).



FILIPPA GIORDANO—Filippa Giordana

Sarah Brightman is pulling her hair out over the arrival of Filippa Giordano. Giordano is younger, sexier, and has a spectacular voice that is going to give her the career Brightman has been trying to have for years. Imagine the combined voices of Kathleen Battle, Mariah Carey, and Celine Dion with a dash of Kate Bush and you begin to have a sense of this woman's vocal abilities. Her classical training and roots run deep: her grandfather was one of the last Sicilian cantores, her father a baritone in the Sistine Chapel choir, her mother a mezzo soprano, her uncle an opera singer, her sister a classical pianist, and her brother a cello teacher. Giordano's first CD brings together elements of opera, traditional Italian music, and musical theatre with a rich combination of Italian, French, and English language vocal performances. Alongside operatic favorites from Norma, Tosca, and Carmen, the CD features three songs written for Giordano by Francesco Sartori (composer of Sara Brightman & Andrea Bocelli's hit "Time to Say Goodbye"), including the Maria Callas tribute "Maria (By the Sea)." Listen to her pop take on "O mio babbino caro" or the vocal acrobatics on Sartori's "You Are the One" and you're listening to the future of pop vocals.

ANTHONY DE MARE—Wizards & Wild Men



One look at GLAMA-nominated pianist Anthony De Mare's impressive biceps and pectoral muscles and you'll be saying, "I'm your piano. Play me." The compositions DeMare plays on this CD are by Charles Ives (1874-1954), Henry Cowell (1897-1965) and Lou Harrison (1917-), three "wizards & wild men" known for their important but complex contributions to American music. The music, composed during the early part of the 20th century, is not easily accessible and requires a patient and focused ear. To his credit, DeMare breathes humanity and feeling into the occasionally foreboding scores. Another part of what makes the work and careers of Cowell and Harrison of interest is that both men are gay.

EMILIANA TORRINI—Love in the Time of Science

A self-described drama queen, Icelandic/Italian singer Torrini will first and

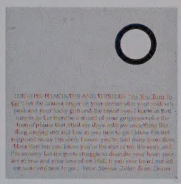
"Only those who dare to fail greatly can ever achieve greatly." —Robert F. Kennedy

foremost call Bjork to mind, and that's not a bad place to start. Her debut disc, produced by Roland Orzabal (of Tears For Fears fame) is an au courant melange of Euro-pop circa 2000 that also recalls the hippy-hoppy strains of Morcheeba (particularly Morcheeba vocalist Skye Edwards) and Dido. Since the trend seems to be moving in that direction, Torrini seems to have arrived just in time. Spooky and sexy songs such as "To Be Free," and "Dead Things" (with its recurring sorry-wrong-number phone tone) are the perfect soundtrack for that haunted house you wanted to erect this Halloween. Techno-torch tunes such as "Wednesday's Child," "Fingertips," and "Summerbreeze," allow Torrini the opportunity to emote without getting all choked up. The first day of summer is only eight months away, so it's not too early to make the guardedly giddy "Unemployed In Summertime" your theme song for that treasured season.

DANDY WARHOLS—Thirteen Tales From Urban Bohemia

Punk psychedelia is the order of the day on this unexpectedly lush album that features Eric Matthews playing trumpet on two songs ("Godless" and "Cool Scene"). This is an album by a band (featuring lead singer Courtney Taylor-Taylor and his inviting lips) that sounds too cool to be on a major label, and they do it all from their home base of Portland, Oregon. Even if you don't take mind enhancing drugs, put this record on and prepare to trip out. The aforementioned "Godless" and "Mohammed" are aural religious experiences that will have you swimming in your own holy water.

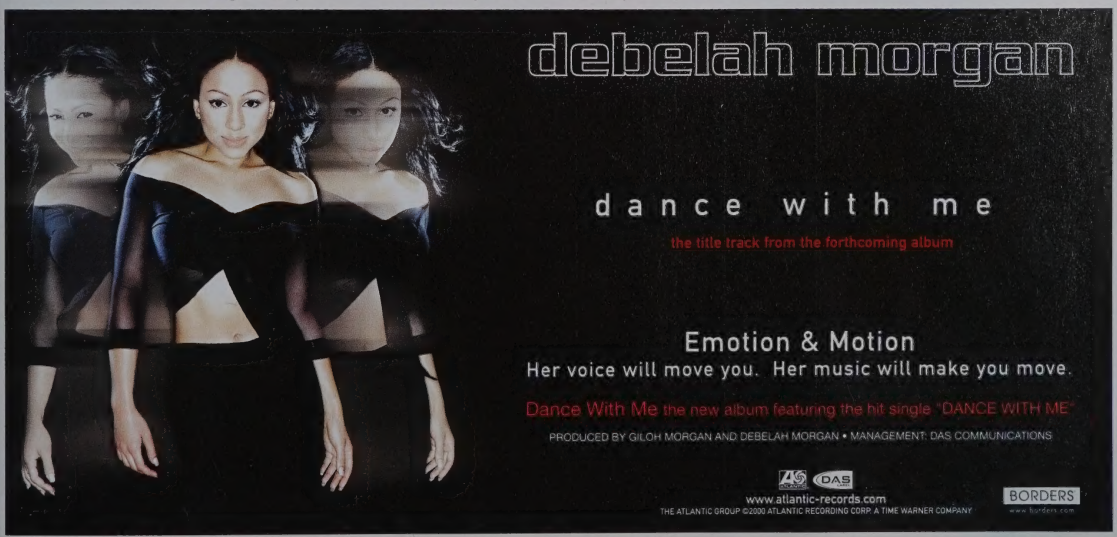
THE 6THS—Hyaciths and Thistles



Singer/writer Stephin Merritt's music publishing company is called Gay and Loud, but the buzz around this new CD proves he's much more than that. Merritt is the mastermind behind The 6ths, as well as the bands Future Bible Heroes, The Gothic Archies, and The Magnetic Fields (whose 1999 three disc masterwork 69 LOVE SONGS made several "best of" lists, including my own). For The 6ths, Merritt produces and writes all of the songs. However, unlike his other musical projects, all of the songs on the 6ths' albums are performed by other artists. On WASPS' NEST, the 6ths' bouncy and electronic 1995 debut disc, Lou Barlow (Sebadoh), Georgia Hubley (Yo La Tengo), and Dean Wareham (Luna), brought Merritt's songs to giddy life. For the latest 6ths album, Merritt has somehow assembled an even cooler line-up, including Momus, Miho Hatori (of Cibo Matto), and Miss Lily Banquette (of Combustible Edison. Imagine if Stephen Sondheim had been a contemporary of Kurt Weill's, and you have scratched the surface of Merritt's gifts. His 21st century cabaret tunes are both futuristic and anachronistic. On "I've Got New York," grown up flower child Melanie sounds like Marianne Faithfull's sister, accompanied by Margaret Leng Tan on a toy piano. Blues legend Odetta finds the chanteuse within on "Waltzing Me All The Way Home." Insurgent country diva (and Mekons' punk rock legend) Sally Timms sounds perfectly natural cooing over the synthesized melody and percussion on "Give Me Back My Dreams." I got choked up when I heard Clare Grogan (of Altered Images fame) sing "Night Falls Like A Grand Piano" (where has she been!), and Sarah Cracknell (of Saint Etienne) has the honor of singing the lines "with all my new lovers/and there've been twenty-two/I've been kissing the mirror/wishing it was you." My favorite song is the tearjerker "He Didn't," with Bob Mould (sounding surprisingly like Merritt) accompanied on piano by Kenny Mellman. The only missing artists that would have made this a more complete cabaret experience are Ute Lemper, Tom Waits, Nick Cave, and Faithfull.

DIVAS SIMPLY SINGING—Various Artists

For 10 years, actress/singer Sheryl Lee Ralph has produced an LA evening performance of vocalists to benefit Project Angel Food and the Safe Place for Pediatric AIDS. Make no mistake, this is the ORIGINAL Divas Live. Even without a wide release, the CD has become a bestseller at Virgin records. Ralph joins the likes of Melissa Manchester, Peggy Lee, Anita Johnson, Oleta Adams, Deborah Gibson, Erin Hamilton, and Toni Tennile each singing their favorite songs. Surprise performances in the "ones to watch" category include E.G. Daily's "Breath of Heaven" and Tisha Campbell's "The First Time Ever I Saw Your Face." If you're in LA, don't miss next year's live event in May (HERO will be covering this more in future issues). CD available now at Virgin megastores or divassimplysinging.com.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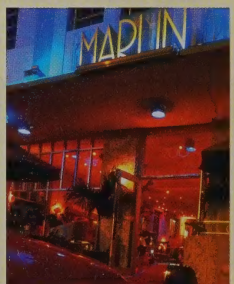
METRO Miami

DAVID'S CAFE II • TOUCH • 11TH STREET DINER • PALACE BAR & GRILL • INDIAN CREEK HOTEL • BY **DAVID HART LYNCH**

EAT

If you're staying in South Beach, you can experience authentic Cuban cuisine over at **DAVID'S CAFÉ II**. The location is ideal, situated just a half block off trendy Lincoln Road, and their menu is gringo-friendly—all items are listed in both English and Español. Perhaps David's biggest claim to fame is their all-you-can-eat lunch buffet (available weekdays); you can sample all the flavor of old Cuba for only $6.95 per person! Even better, they're open 24-hours, 7 days a week. (1654 Meridian Ave.; 305-672-8707; entrees $4.95-$16.95)

If it's swank you're looking for, try **TOUCH**, a new upscale eatery designed to attract VIPs, politicos and serious foodies while providing an elegant nightlife alternative to SOBE's trendy nightclubs. It's interior is opulent, with soaring palm trees that brush the cathedralesque ceiling. For people-watching, there's ample outdoor seating for al-fresco dining. The menu is modern American grille cuisine and includes a wide variety of fresh seafood, poultry & meats, featuring house specialties such as whole crispy Florida snapper and marinated "Tahitian style" Veal Chop. Dinner is served nightly from 7PM to midnight; the bar continues until 4AM. (910 Lincoln Rd.; 305-532-8003; entrees $22.00-$38.00)



The Marlin

The **11TH STREET DINER** is an original 1948 art deco diner schlepped all the way from Wilkes Barre, PA, and plopped down in the center of the South Beach nightlife scene. Restored in '92 to its original Deco form, it continues to serve traditional American food after 44 years of service. Open 24-hours, it is definitely a locals' hangout, and the crowd becomes quite colorful in the wee hours of the morning (post club closing). Great down-home cooking specials include "Mom's Pot Roast," and the "Barbecue Combo"—a half a rack of ribs, quarter chicken, corn-on-the-cob, fries and slaw. (1065 Washington Ave.; 305-534-6373; entrees $7.95-14.95)

If you're getting a power tan on SOBE's infamous 12th Street Beach and feel lunchtime yearnings kick in, pack up and walk over to the **PALACE BAR AND GRILLE**, conveniently located on Ocean Drive. You'll find a bevy of (mostly shirtless) beautiful people dining on the sidewalk café outside. Later, they have a packed and pumping happy hour with men fresh off the beach and literally spilling out of the open-air bar. There are affordable sunset prix-fixe dinner specials daily. (1200 Ocean Drive; 305-531-9077; entrees $12.00-$20.00)

Tucked within the Miami Design District is **PICCADILLY GARDENS**, a comfortable family-run restaurant featuring an eclectic menu known mostly to the locals. During lobster season, the owners catch their own fresh Florida Lobster and serve it up the same day. The varied menu runs the gamut, from Japanese entrees to your basic American Black Angus Tenderloin. (35 N.E. 40th St.; 305-573-8221; entrees $8.95-$21.95)

THE MARLIN HOTEL is an Island Outpost property owned by music mogul Chris Blackwell. It is an icon of South Beach Renaissance and considered a pioneer in the historic Art Deco District. It has been heralded as "the Rock and Roll Hotel" and houses South Beach Studios, where the likes of Aerosmith, U2, Grace Jones and Nine Inch Nails come to mix portions of their albums. This mostly suite "boutique" hotel attracts celebs and is richly appointed in the true art deco manner. Each room features Web TV with Internet access. (Two blocks from the Ocean; 1200 Collins Ave.; 305-604-5000; $195-$395)

Inside the Marlin Hotel

SLEEP

If you want to be far enough away to enjoy resort-like solitude but still close to the bustling activity of South Beach, the **INDIAN CREEK HOTEL** is probably your best bet. Built in 1936, this beautifully restored 61-room hotel is the recipient of the Miami Design Preservation League's award for Outstanding Restoration. The property is situated amidst lush tropical gardens and has a sparkling pool. The friendly, efficient staff knows what's happening and where—just ask. (Boardwalk and beach are a quick bike-hike away; 2727 Indian Creek Dr.; 305-531-2727; $90-$240)

LEVEL NIGHT CLUB's "Studio 54" party happens on October 5th. If you've never been to the club, it is a must on any night, particularly the "Federation Friday" nights for men. Level is the latest leaseholder for the space known previously as "Paragon." It is a club constructed within the confines of a converted old Deco theater and is the mother of all SOBE nightclubs. The "Studio 54" party commands the closing of Washington Avenue with it's own parade: multiple floats, a cast of over 170 performers, set changes and a special appearance by the disco diva herself, Thelma Houston. There'll be 3-separate top-notch DJ's situated on different levels of this enormous venue. (1235 Washington Ave.; 305-532-1525; Cover charges may vary)

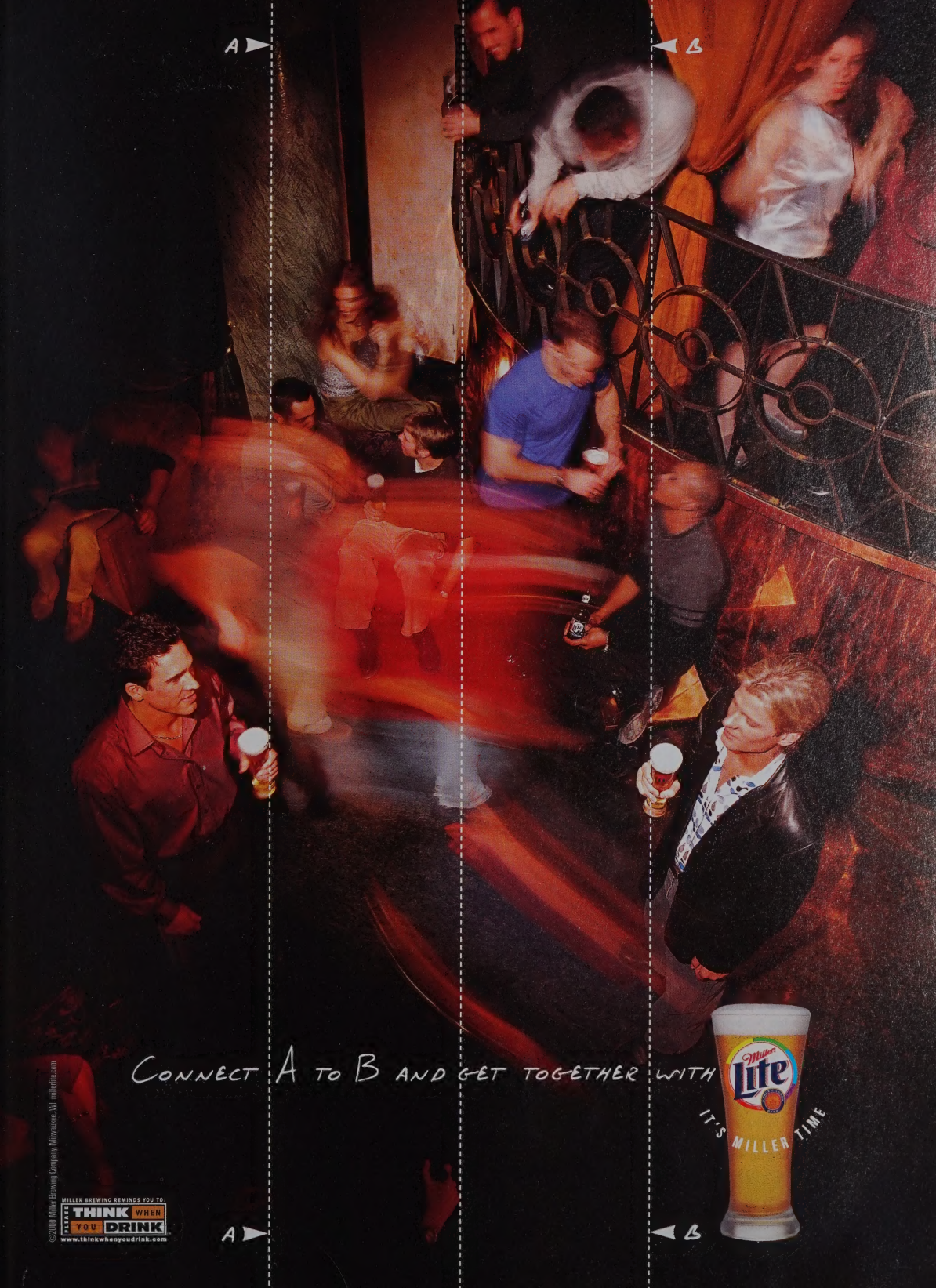
If a bit of modern day culture is your ambition, check out the "Splendor in the Glass" art glass exhibit at the **LOWE ART MUSEUM**. After over 25-years of collecting, Myrna and Sheldon Palley have loaned over 40 important pieces from their private collection to the gallery, conveniently located within the hallowed halls of the University of Miami. The exhibition includes works by Chihuly, Dailey, Littleton, Ben Tre and others, and is accompanied by a catalog of over 70 color plates. Until November. (1301 Standford Dr., Coral Gables; information at 305-284-3535; $5 admission)

For the architectural enthusiast, Miami celebrates **DESIGN + ARCHITECTURE DAY 2000** with a comprehensive collection of exhibitions, lectures, site tours, panel discussions, film screenings and book signings, all to create public awareness of design matters in everyday life. The program is focused on some of Miami-Dade's most innovative public and private spaces. Events run through October 26th. (Events program Calendar available by calling 305-372-0820)

SOBE architecture tour

PLAY

If you find yourself stuck on SOBE and wondering what to do on a rainy afternoon, if may be the perfect time to discover **THE WOLFSONIAN MUSEUM**. There are always exhibits updated from the museum's 70,000 objects, and many examine how art and design have influenced today's modern world. There are fourteen galleries, including decorative arts, architectural models, paintings and sculpture. (100 Washington Ave.; 305-531-1001)



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METRO San Francisco

CITIZEN CAKE• ZAX • PRESCOTT HOTEL • FLEET WEEK • FARMER'S MARKET• FORT POINT • **BY BLAKE TUCKER**

CITIZEN CAKE will make a citizen out of you: one bite of anything and you'll regret that you don't live next door. From the exquisite weekday sandwich selection, which includes a croque truffle (a grilled truffle, mushroom and cheese sandwich), to the perfect desserts, Chef Elizabeth Faulkner knows how to capture your imagination and sweet tooth. My favorite item on the menu is the make-your-own ice cream sandwich: choose from the wide selection of cookies and the daily changing ice creams and sorbets. Chef Faulkner made a name for herself at her previous venue in the Mission with her architecturally challenging cakes. Three of her favorites are sold at the counter: After Midnight Chocolate Cake (the best), Tropical Shag (genoise cake, passionfruit mousse, buttercream and coconut) and Gianduja Mi Su (hazelnut buttercream and chocolate tiramisu). Come for a quick dessert or for brunch on the weekend (the coffee is the best in the city). (Open daily until 7pm. 399 Grove St., 415.861.2228 citizencake.com)

EAT

TAKE OUT/DELIVERY PICK:

VICOLO PIZZA, located in an alley off Franklin near Grove Street in Hayes Valley, is a great place to drop in for a bite. Although the prices are a shade higher and the servings a bit smaller, you're here for the cornmeal crust pizza —two slices will fill you up and you'll never go back to "ordinary." After you order, grab a pitcher of beer or bottle of wine and munch on one of Vicolo's three salads: Caesar, Greek, or beet and gorgonzola (each is big enough to share). Or call in your order and pick it all up on your way home from work. (201 Ivy St., 415.863.2382)

Barbara Mulas and Mark Drazek have created their own private space in **ZAX**—a top restaurant that still remains a secret to most. The modern décor is romantic and not too noisy—a great date restaurant. When you walk up to the front door you might think the space is small, but inside the arrangement is cozy without being cramped. The changing monthly menu always features fresh fish, poultry, red meat and a vegetarian course, but don't miss the twice-baked goat cheese soufflé appetizer, a Zax standard. It comes bread-encrusted and warm, alongside a light salad. Zax also has a standard on the dessert menu—the apple galette with caramel ice cream—but you can't go wrong with any of the dessert selections. Located between North Beach and Fisherman's Wharf (so it's great for taking out-of-town guests). (2330 Taylor St., 415.563.6266)

The Prescott Hotel

The **PRESCOTT HOTEL** is the home of Wolfgang Puck's Postrio restaurant, but it is so much more. Just next to Union Square, the Prescott offers a European feel with an elegantly designed, quiet ambiance. Both business and pleasure travelers share the comfort of morning tea and coffee, evening wine reception, weekday newspapers, in-room fax and prime seating at Postrio. The fitness room is open daily from 6am to 10pm. Stay on the club level and you'll have access to an extended breakfast, evening cocktails with hors-d'oeuvres from Postrio and your own concierge for questions and express check-in and –out (don't you hate having to share a concierge?). If you're really out to spend the dough, stay in the Mendocino Penthouse, with its two rooms, dual fireplaces, grand piano and rooftop jaccuzzi. Suites have whirlpool bathtubs, VCRs and mini-stereos. It's no wonder their return rate for travelers is over 90 percent. (Rooms $205-$285, suites $255-$325 and the Mendocino is $1200 per night. 545 Post St. 415.563.0303 or 800.283.7322 prescotthotel.com)

SLEEP

A San Francisco tradition, **FLEET WEEK** (Oct. 6-10) begins on Friday with a parade of nearly a dozen US Navy ships sailing under the Golden Gate. Bring the whole family for all-day weekend activities, including tours of docked US Navy ships and airborne acrobatics from the best civilian pilots of modern and classic aircraft. Come to the shore and see the Navy's aerial acrobatic team, the Blue Angels, at 3pm Friday, Saturday and Sunday. For the best view, find yourself a picnic and a sailboat and watch it all from the bay. The best part of the weekend is the Stealth Fighter fly-by; the plane is so slow and large you'll be sure there's some sort of alien technology involved for it to stay off the ground. Activities are scheduled at Fisherman's Wharf, the Marina Green, Aquatic Park and at the Piers—check fleetweek.com for details.

PLAY

The FERRY PLAZA FARMER'S MARKET runs Saturdays (8am-1:30pm) and Tuesdays during the summer (10:30am-2:30pm). Free admission gets you into a culinary Eden: buy some of California's freshest fruits and vegetables, as well as fresh bakery breads, pastries and handmade arts and crafts. Some of the city's best restaurants set up booths and serve brunch all morning, so just come for a bite and the view along the wharf. You may not be able to find these jams, jellies, honey, fresh almonds, spouts, artisan cheeses or chilies anywhere else. Make sure to try the pluots (plum-apricots), or grab a salad tossed with edible flowers. You may have been to a farmer's market before, but this one tops them all. (Saturdays at Embarcadero and Green street, Tuesdays at Embarcadero and Market. For more info call 510.528.6987.)

Dress warmly and head out to **FORT POINT NATIONAL HISTORIC SITE**, directly underneath the Golden Gate Bridge. Built in the 19th century to house huge cannons and protect the bay from attack by a hostile fleet during the civil war, Fort Point became obsolete only a year after it was completed. It was used as storage for years, then eventually became Joseph Strauss' base of operations for construction of the Golden Gate Bridge from 1933 to 1937. Soldiers occupied it during the Second World War in order to monitor the submarine net strung across the entrance of the bay. However, Fort Point probably played its most prominent role in history when Alfred Hitchcock featured it in *Vertigo*—it's where Madeleine (Kim Novak) attempts to kill herself by jumping into the bay. It makes a great walk, especially when combined with a tour of the Golden Gate Bridge.

Fort Point

Historically dressed soldiers guard the entrance during daily hours, 10am-5pm. (415.556.1693 nps.gov/fopo.)

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METRO Dallas

EATZI'S •THE SAMBA ROOM • COSMIC CAFE• BREADWINNERS • HAUNTED VERDUN MANOR • BY **CHRISTOPHER WYNN**

If you're feeling quiet or pleasantly anti-social, stop by **EATZI'S** (3403 Oak Lawn Ave. at Lemmon Ave., Dallas, TX 75219, 214-526-1515, $5-$12) for a plethora of scrumptious take-out options presented in a self-serve, old-world market style. Best of all, you can shop according to your energy level with choices ranging from hot, ready-to-eat entrees to microwaveable dishes to raw goods. Prices vary according to the level of preparation. Choose from American to Italian to everything in between. Desserts from the on-site

EAT

Eatzi's

bakery are heavenly. A good selection of wines and fresh-cut flowers make this truly a one-stop-shop for romantics. TIP: Stop by near closing time to enjoy some delicious price markdowns as well.

There is perhaps no better place to celebrate the harvest season than the charming **BREADWINNERS CAFE & BAKERY** (3301 McKinney Ave. at Hall St., Dallas, 214-754-4940, $8-$15). Located in Dallas' eclectic Uptown neighborhood, the food is as scrumptious as the decor, with upscale breakfast "comfort-food" like poached eggs in creamy Hollandaise sauce. Mid-day offerings consist of ultra-fresh sandwiches, salads and pastas. Dinner includes entrées like crusted pork tenderloin served over seared potato rounds and crisscrossed with mustard. The signature bakery also produces exquisite desserts, sweet rolls, muffins and homemade breads, so save room for dessert!

THE SAMBA ROOM (4514 Travis St., Suite 132) is an ultra-hip Cuban bar and Latin-American eatery tucked inside the trendy Knox-Henderson area. Amid the Prada and Gucci, you'll discover a retro-fantasy interior that includes a serpentine bar, sheer white curtains that offer teasing views of the cigar lounge (don't worry, it comes equipped with a smoke exhaust system to preserve everyone's hair) and white linen table settings, complete with whimsical coconut sugar bowls. Frenzied live Brazilian music completes the high-energy atmosphere. After drinks and plenty of seeing and being seen, you'll be starving, and SAMBA ROOM does not disappoint. Try the Rum-Raisin Plantain Crusted Mahi-Mahi served on coconut rice, or Recado Rubbed Roast Chicken with rum-vanilla mashed boniatos.

Vegetarians and those seeking a more spiritually-significant dining experience should look no further than the **COSMIC CAFE** (2912 Oak Lawn Ave. at Cedar Springs Rd., Dallas, TX 75219, 214-521-6157, $5-$9). This quirky Indian restaurant, meditation space and coffee/tea parlor resides in a colorful old house overflowing with Eastern religious decorations and flowers. Exotic music and intimate seating on the neighborly front porch and in the living room by the fireplace bring together an eclectic group of regulars, from hippies to yuppies to Zen masters. If you're not in the mood for something Indian, try the delicious Spinach Enchiladas ($7.95) served with black beans, natural rice and fresh mixed greens with vinaigrette. For dessert, share a bowl of nirvana, otherwise known as the tasty mango ice cream ($2.95). The coffee is self-serve and free-flowing. Feel free to take a book from the library to read with your meal.

State Fair of Texas

If you're tired of chain hotels and ready for something more personal and unique, try **THE SOUTHERN HOUSE** (2625 Thomas Avenue, 214-720-0845, southernhouse.com, starts at $100 per night, including breakfast and afternoon tea or apéritifs). Pam Southern and her husband custom-

SLEEP

Haunted Verdun Manor

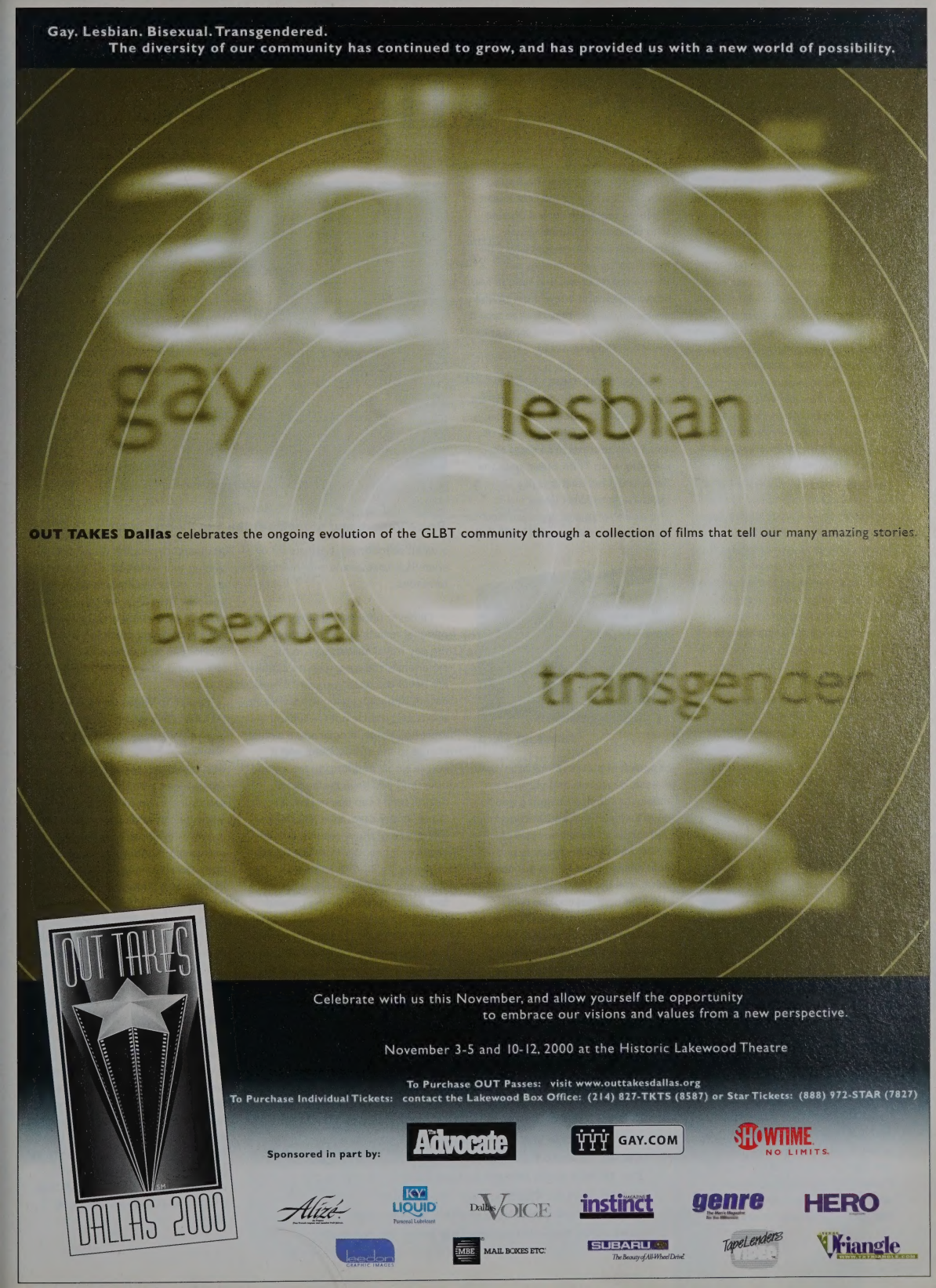
built this three-story prairie-style home in Uptown, putting you five minutes away from the Dallas Museum of Art and Cultural District, Oak Lawn/Cedar Springs, upscale shopping in Highland Park and more. Enjoy the sweeping views of the downtown Dallas Skyline at night. All of the amenities you would expect to find in a bed and breakfast of this caliber are here.

From Sept. 29-Oct. 22, head over to the **2000 STATE FAIR OF TEXAS** (Fair Park, 214-565-9931, bigtex.com, $10 adult admission). The 2000 State Fair is "Celebrating the 21st Century" with much fanfare. In addition to fun amusement rides (the World's Largest Ferris Wheel!), you will also find a vast array of exhibits and events to choose from, and most are free. Some of the most popular include the 2001 Auto Show, Robot Zoo, Future Visions, the Aqua Blast dive team (need I say more?) and "Sacred Space," a breathtaking photography exhibit featuring over 150 mural-sized color photos of sacred landscapes and architecture in Mexico, Guatemala, Honduras and the Southern US. Be sure to also check out, BIG TEX, the official ambassador of the State Fair of Texas, a 52-ft. tall talking-and-waving cowboy.

If you love the thrill of a good haunted house, one of the best in the nation is only a short drive from Dallas: **HAUNTED VERDUN MANOR** (2330 County Rd. 138, Terrell, TX, 972-524-5700, verdun-manor.com, $7-$10 for adult, or an all-night Thrill Ticket for $22). This award winning terror-complex is operated by Wolf Studios, which has been in the business of creating special effects for film *(Graduation Day)*, television, live theater, and especially haunted houses since 1981. Verdun Manor is a converted Southern Antebellum plantation that has been permanently altered for this attraction and is not only highly original but genuinely frightening. (Open evenings from September through October.)

If state fairs and haunted houses are too tame for you, then come grab a few inches of walking space at the **CEDAR SPRINGS HALLOWEEN BLOCK PARTY** (3911 Cedar Springs Rd., between Oak Lawn and Knight, Saturday, Oct. 28 is the expected date, call for more information at 214-559-0707). Brace yourself for $10-$15 cover charges everywhere, not even a cup of water for less than $5, and up to 30-minutes in line for a bathroom, regardless of gender. Despite everything just mentioned, this mega-crowded, Mardi-Gras-style street party keeps getting bigger every year and has become a tourist attraction in Dallas for folks from every walk of life. Everyone comes to see the outrageous costumes ("Got Milk?"), tantalizing displays of skin and the outdoor live music and costume contest hosted by one of the locally vicious and witty drag personalities. If you don't like bizarre strangers pressed tightly against you, then opt to stay home and catch it on the news.

PLAY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METRO Los Angeles

THE IVY • THE PIG • SAN VICENTE INN • GAY DAY AT DISNEYLAND • **BY PAUL HORNE**

Located just south of WeHo, **THE IVY** (113 N. Robertson Blvd., 310-274-8303) provides the kind of experience you feel tickled to have had. Situated in a quaint cottage and surrounded by a white picket fence, this restaurant is one of the most popular eateries for the LA privileged set, and with good reason. Delicious dishes served on signature hand-painted Ivy plates include their famous crab cakes; a warm, crisp grilled vegetable salad; and some of the best key lime pie outside of Florida. Opt for the outdoor patio seating—tucked under floral fabric umbrellas by day and candlelit at night, it's the perfect vantage point

EAT

to sit on their amply cushioned chairs and watch chi-chi celeb diners come and go. At a recent HERO staff lunch, Jennifer Lopez sat next to us (looking radiant and wearing no make-up), and David Geffen walked by with a handsome lunchmate in tow. Start with one of the famous Ivy gimlets or Mint Juleps and you'll be content for hours. Come to think of it we got very little done at that meeting...

On the very opposite end of the spectrum is **THE PIG** (612 N. La Brea at Melrose, 323-935-1116), a new Memphis-style barbecue joint that is THE new place to go (as long as you're not on a diet). Try the grill-

The Pig

smoked chicken wings to start, and then sample some of their killer Hickory-Smoked Baby Back Ribs or the slightly sweeter St. Louis-style ribs, with sweet cole slaw (healthy and delicious!), barbecue beans, or potato salad. Friends raved about the Chicken Fried Chicken, and the Pulled Pork Sandwich (or plate) is served with sweet, zesty barbecue or hot sauce. Since you've already pigged out, don't miss the Apple Rumble Crumble or the best Pecan Pie in LA (both are served drizzled with hot caramel sauce). Fresh lemonade is another specialty. The entire staff is very friendly, but there's not much seating here (a few tables inside and a few more on the sidewalk), so you may have to take it home. The Pig is comfort food at its most comfortable.

JOAN'S ON THIRD (8350 West Third Street, 323-655-2285) is a great place for lunch when you feel like you deserve something special. A small deli/gourmet food shop on ever-more-hip Third Street near the Beverly Center, Joan's is like Dean & Deluca's teeny West Coast sister. The clean white and stainless steel shop features refrigerated cases full

Joan's on Third

of decadent blocks of macaroni and cheese, couscous, and yummy turkey meatloaf, all begging you to have a little of this and a little of that. The maple rosemary roasted chicken breast and grilled vegetable and goat cheese sandwiches are delicious, and the homemade chocolate chip and oatmeal cookies will change your life (or at least your waistline). If you're headed to the Hollywood Bowl or the beach for a romantic picnic for two, try their "Moveable Feasts"—gourmet picnic packs featuring specialties like pesto-crusted salmon with basil cream or crisp Blue Lake beans with heirloom tomatoes.

Bruce Vilanch and groupies at the San Vicente Inn.

I'll never understand why clothing optional resorts are so common in the gay travel community. In my experience, the guys with no clothes are never the ones you want to see naked. Although losing my swimsuit at a public pool is not my idea of a relaxing escape, it does add a sexual charge to the atmosphere, and if you're single and looking for a good time (and you have the body of death), then I can see the advantages. In any case, **SAN VICENTE INN** is one of those resorts, and it's also a great escape from the bustle of WeHo. It's literally steps from the clubs, but once inside its gates you'll feel far removed from the pulsing

SLEEP

disco beat. The rooms are spartan but cozy, and the lush gardens and courtyard are charming and homey, almost like a B&B. The center of activity is definitely the swimming pool, and depending on what's happening that weekend, it can be tranquil or quite a party scene. Whether you lose the suit or not, the Inn is close to everything and a comfortable, convenient place to stay in WeHo (845 N. San Vicente, West Hollywood, $59-179, 310-854-6915).

Escape to Vegas Oct. 6-8 for an **ATLANTIS** weekend of events,

PLAY

beginning on Friday (9pm-4am), with a cocktail, performance, and dance event featuring local Vegas entertainers. On Sat. (11am–5pm), enjoy live entertainment and a day at Wet 'n Wild water park, open exclusively to Atlantis guests. From 9pm–dawn the party continues both indoors and under the stars at an all-night dance party at MGM Grand Adventures. And top it off on Sunday (9pm–5am) at a private party at the infamous Studio 54. All-event weekend pass is $129 (800-6-ATLANTIS or atlantisevents.com).

October 7 is the unofficial **GAY DAY AT DISNEYLAND**, when we turn the Happiest Place on Earth into the Gayest Place on Earth. The park is open from 9am–midnight, and it's worth it to get there early. Visiting this tourist universe on Gay Day makes it a lot more bearable and the new FastPass system will get you on the rides in record time. Don't forget to wear a red shirt (it was the best code we could come up with!). Call 714-781-4043 to order tickets by mail.

OCTOBER ENTERTAINMENT PICKS

Thru Nov. 5: Brian Dennehy in Death of a Salesman (Ahmanson, 213-628-2772)
Thru Nov. 19: Fully Committed (Coronet Theatre, 310-657-7377)
Oct. 3-8: Smokey Joe's Café (Pasadena Civic 626-792-4130)
Oct. 10: Barenaked Ladies (Great Western Forum, 213-480-3232)
Oct. 15: Paul Weller (Wiltern, 213-480-3232)
Oct. 19: The Lion King (Pantages, 213-365-3510)
Oct. 22: Culture Club (House of Blues, 323-848-5100)
Oct. 23-24: King Crimson (House of Blues, 323-848-5100)

from the desk of
Joan M. Garry, Executive Director

glaad
gay & lesbian alliance against defamation

October 2000

There has been a lot of talk lately about responsibility – particularly as it pertains to the media. I'd like to talk with you briefly about one person who gives good lip service to responsibility, but has steadfastly refused to put her words into action: talk-show host Laura Schlessinger.

Over the last two years, Laura's defamatory attacks on gays and lesbians have become a staple of her media enterprises. She has blatantly advocated discrimination against us, and she's used her platform to put an entire category of people in a very second-class place. Her words are untrue, and they are hurtful.

The Gay & Lesbian Alliance Against Defamation (GLAAD) has worked for the last year to bring Laura's rhetoric to the public's attention – and we've succeeded. Unfortunately, Laura has consistently refused to take accountability for the impact of her words. She has chosen to hide behind a narrow notion of free-speech rights, one long on license but utterly devoid of responsibility.

And that's where YOU come in.

Please join the chorus of community voices that persuaded responsible national advertisers like Procter & Gamble, Sears, Roebuck & Co., General Foods and Xerox to disassociate themselves from Laura's entertainment programs. They got the message.

You can join the growing network of fair-minded people who are getting involved, whether by educating advertisers, meeting with local TV stations or writing Paramount Domestic Television. They're getting the message, too.

Since long before Laura's TV show premiered, our community's message has been loud and clear: as long as Laura refuses to take responsibility for what she says, we will hold those who sponsor, distribute and air her program accountable for the impact of her words.

Responsibility starts with people willing to take a stand for what is right. I hope you will join us.

Joan M. Garry

GET INVOLVED! Visit GLAAD's Local Laura Activism at *www.glaad.org* or call us at 1-800-GAY MEDIA

"I am so tired of people picketing about their damn rights, when I have NEVER seen a picket line for responsibilities!"

Laura Schlessinger
The Dr. Laura Program
Aug. 3, 2000

METRO Chicago

THE BANGKOK • ANN SATHER • CLUB LUCKY • HOTEL MONACO • VILLA TOSCANA • DAVENPORT'S • **BY STUART RANSON**

One of the ironies of Midwestern Chicago is the abundance of great Thai restaurants. Among these, **THE BANGKOK** (3542 N. Halsted St.) shines like a jewel in the crown. Although Wrigley Field is only a few streets away, you'd never know it once inside the soothing traditional setting, complete with Jade elephants and potted palms. Popular for its Sunday brunch buffet, the Bangkok also offers affordable entrees in the $6-10 range. Delight in the perfectly-named "Goody! Goody!" appetizer, a blend of crabmeat and shrimp rolled in tofu skin. Try a generous portion of traditional Pad Thai, or venture farther afield with Catfish Dynamite, deep-fried in a wok with curry paste. Parking is difficult during baseball season, but the Addison el stop is only two blocks west. (773-327-2870)

EAT

Ann Sather

For lazy weekend mornings when the thought of cooking gives you hives, stroll to one of five **ANN SATHER** locations (Andersonville, Lincoln Park, and three in Lakeview). Each offers steaming hot cinnamon rolls as gooey as they come. Or better yet, get a dozen to go from the glass case at the entrance. Savor the Swedish pancakes served with lingonberries, also available with meatballs. Now owned by gay community activist Tom Tunney (who bought the restaurants from the real Ann Sather), the original Belmont location features Scandinavian diner décor and very efficient service. If the hand-painted pastoral scenes on the walls don't divert your eye, the clientele certainly will. Early Sunday morning crowds include a mix of seniors getting ready for church, fast-track yuppies with their children, and bleary eyed club kids still up from the night before. (929 W. Belmont, 773-348-2378)

Need a dose of 1940's elegance to complement your new Prada shoes? Try the panache of **CLUB LUCKY** (1824 W. Wabansia). Don't let its location in trendy Bucktown turn you off. This throwback to supper clubs of the past has flair to spare. Sample one of their Killer Martinis with hand stuffed bleu cheese olives in the cocktail lounge, then proceed to the dining area, where generous portions of Italian food are served family style. Specialties include pork chops, chicken Vesuvio, and eggplant parmagiana ($8-24). Set the mood by popping a Sinatra CD in your car stereo on the way there, hand your keys over to the valet, and note the club's original tin ceiling and shadow box windows as you enter. In its storied past, the building has been a speakeasy, hardware store, and American Legion dance hall. (773-227-2300)

Club Lucky

If a peerless view of the Chicago River and access to world class shopping on Michigan Avenue is a priority, visit the elegant **HOTEL MONACO** (225 N. Wabash). Admire yourself in the full-length dressing mirrors, allow garments wrinkled in transit to unfurl in the armoire, or sit at the mahogany writing desk and compose a letter to an old friend – all feel appropriate amidst the 1920's French Deco design, including the hotel's trademark pistachio green and buttercream wallpaper. Themed guest packages cater to unique needs, ranging from the shopper's delight "Charge!" (which includes a gift certificate to nearby Marshall Field's) to the "Insomniac's Delight" (three in-room movies, bedtime snacks, and an eyemask for when slumber eventually overcomes you). The Monaco is even pet-friendly, offering a complimentary goldfish for your room, tended to during the course of your stay by the hotel staff. ($225-$435, 800-397-7661)

SLEEP

If something nearer to Boys' Town is more your taste, you can't get much closer than bed and breakfast **VILLA TOSCANA** (3447 N. Halsted). In the midst of the hustle and bustle of Halsted Street, this 1890's Victorian-style coach house is set back far enough from the street that the noise barely penetrates the outdoor breakfast terrace. If visiting during the frigid Chicago winter, you'll appreciate the cozy front room fireplace and fluffy down comforters and pillows in the 7 bedrooms. Sleep late and enjoy a continental breakfast in bed or on the sundeck, then stroll east to the lake, only a few blocks away. ($99-159 in season, lower rates in winter, villatoscana.com)

Part piano bar, part cabaret, part family room, **DAVENPORT'S** (1383 N. Milwaukee) is the latest and classiest addition to Chicago's music scene. With co-owner Bill Davenport frequently working the room to ensure a smile on everyone's face, the Wicker Park establishment offers a warm, inclusive atmosphere, with its blue velvet curtains and deep banquettes. Enjoy a relaxing cocktail and sing along to showtunes in the front room piano bar. A cover charge of $10-15 and a two drink minimum gets you into the acoustically-ideal back room cabaret, where you and an intimate audience of 50 others can catch local faves 3 Girls 3 singing Burt Bacharach. Plenty of street parking sweetens the deal. (773-278-1830, online at: davenportspianobar.com)

On sunny days in Chicago's brief but intense summer, it seems everyone and their mother is enjoying the benefit of the **LAKEFRONT PATH**. People-watching is at a premium on the narrow tread, stretching over 8 miles from downtown to Roger's Park. Strap on rollerblades and glide through virtually every neighborhood in the city. Shoot past the gawking tourists at downtown Navy Pier, cruise by the glamorous Drake Hotel and chi-chi Oak St. beach, where ladies who lunch mix with Abercrombie model look-alikes. Glide through Lincoln Park and stop for a quick break at the always boy-laden Belmont Rocks. Continue north, Lake Michigan gleaming on your right all the while, through parks featuring family picnics, softball games, even Native American totems. By the time you've finished, you'll have seen the many facets of Chicago and have rock hard glutes to boot.

For an exercise in culture without the stuffy trappings, visit the **MUSEUM OF CONTEMPORARY ART** (220 E. Chicago Ave.). Near historic Water Tower Place, the museum offers a glimpse of contemporary visual art and performance dating from 1945. Take a walk with your sweetie through the romantic sculpture garden with a glorious view of Lake Michigan, participate with a friend in one of the interactive exhibits reminiscent of grade school fun houses, or simply stroll by yourself through the sometimes disturbing but always thought provoking video displays. If probing the issues of masculinity and desire in relation to the mythologies of the West gets too much for you, go check out the hotties in the Mark Morris Dance Group, appearing in performance this fall at the museum's 300-seat theater. A quick nosh at the Spago-style Puck's at the MCA will reenergize you after your rigorous intellectual workout (312-280-2660, mcachicago.org).

PLAY

Museum of Contemporary Art

METRO New York

Bronx Spotlight

DOMINICK'S •FULL MOON • THE CHELSEA HOTEL • WAVE HILL • WOODLAWN CEMETARY • **BY CHRIS MEASOM**

Only six miles from midtown Manhattan lies an island—an oasis really—in the midst of an almost stereotypical, movie-fed vision of the Bronx. Just beyond the fried chicken outlets, past the menacing gypsy cabs and through the chaotic traffic patterns lies a calm, largely Italian-American enclave centered on Arthur Avenue. Turning off the bedlam of Fordham Road is akin to passing through the gates of Shangri-La. Here scattered among businesses like Anthony's Unisex Nail Salon, the Madonna Brothers Bakery and the D'Bari Funeral Home you'll find some of the best Italian food in the city.

EAT

DOMINICK'S (2335 Arthur Avenue, Bronx; 718-733-2807; avg. entrée unknown since there are no menus and the bill is a single figure written on a piece of paper—but cheap, no credit cards) while arguably the best, is certainly most popular. Weekends require a long wait in the teeming upstairs bar until space is cleared at one of the picnic benches downstairs where both portions and personality are plentiful. Listen to your waiter—he knows best. Heaping platefuls of meat and pasta crowd the table as your neighbors compare and offer to share their abundance. **FULL MOON** (602 E. 187th Street, Bronx; 718-584-3451; avg. entrée $13)—although the faux marble and mirror-strip walls signal a (debatable) step up—is not as much fun. The staff (if you can get their attention) is serious-minded, there are menus with prices, and no one...um...helps you order. That said, the creamy gnocchi Gorgonzola, the buttery string beans, the spicy arrabiata sauce, huge meatballs and Peroni beer make this an excellent second choice. And while the decor is no great shakes at **ROBERTO'S** (632 E. 186th Street, Bronx; 718-733-9503; avg. entrée $18) either, this bring-a-date (or Aunt Sofia) dinner place serves up hearty portions and "the family treatment." After dinner stroll over to the **ARTHUR AVENUE CAFE** (2329 Arthur Avenue, Bronx; 718-562-0129) for a cappuccino and dessert. Clearly the newest establishment on the block—probably by 25 years—this three-month-old cafe has already managed to attract the cigar smoking, good ol' boys of the nabe. Dean Martin croons as the waiter squeezes homemade filling to create a fresh, crisp, delightfully rich cannoli.

Unfortunately the search for a Bronx hotel came up short. However, upon entering room 830 at **THE CHELSEA HOTEL** (222 W. 23rd Street, Manhattan; tel. 212-243-3700, fax 212-675-5531; $175-$275, suites up to $385) I was instantly transported to my grandmother's apartment (in the Bronx) circa 1973—the lived-in mish-mash decor, the bright red and orange bed spreads, the white tiled no-non-sense bath and the 1970s TV (no cable)—it was all there. The feel of this rickety old mini-apartment, with lots of room and funky, funky neighbors, is definitely more residential than hotel. In fact, the 118-year-old building is home to many writers, artists, musicians and theatre-types. And although dozens of well-knowns have stayed here, from Eugene O'Neill and Mark Twain to Jane Fonda and Ethan Hawke, this is not—I repeat not—a chi-chi kind of celebrity hangout. It's more a tattoo, tiger-print-pants-wearing (men), pierced, dyed, strumming-the-guitar-in-the-hall kind of place. The lobby is a mix of Victorian furniture—including the elaborate, disheveled check-in counter/reception desk/mailbox cubbyhole thing—and wacky art; really a who's who gallery of the current New York art scene. An 8'x 6' 3-D deconstruction of a cigar box, a huge Mr. Ed-like portrait, a buxom woman swinging from the ceiling and a really dusty chandelier welcome you. "We don't want glitz or glamour," manager Stanley Bard (who took over in 1962) told me in the most amazing Garry Marshall accent, "There's an informality and ambience here that the creative mind loves." Bring your own shampoo.

SLEEP

Dominick's

If Scarlett O'Hara had given up on Tara and moved to the Bronx, **WAVE HILL** (675 West 252nd Street, Bronx; 718-549-3200; wavehill.org; $4, free from Nov. 15-Mar. 15) is where she and Mammy would have settled. There are no cotton fields, antebellum mansions, or Tarleton twins, but the 28 acres of gardens and woods (and former 1840s country home of William Lewis Morris) is endowed with sweeping views of the Hudson River and the palisades and there are lovely lawns and lily ponds. In October when the trees peak and the wild garden thrives, leave Manhattan behind to sit and read, visit the small art galleries or participate in one of their programs: Tai Chi every Saturday morning, a Beethoven piano/cello/violin concert on October 15th, tasting and discussing butternut squash recipes on October 21 and 22 or a hearthside reading of Robert Frost on October 29.

Even bigger, more spectacular gardens can be found across town at **THE NEW YORK BOTANICAL GARDEN**S (Bronx, New York; 718-817-8658; nybg.org; $3). 250 acres of plant collections, wetlands, and original forest create a dazzling living museum of botany. Demonstration gardens (fragrance, wildlife, shade, cutting and autumn) give how-to ideas, while the graceful turn-of-the-century glass hothouse holds an eco-tour of the planet, from rain forest to desert. Beyond the idyllic, calming landscape—you won't believe you're in the Bronx—and the great architecture (the Beaux-Arts museum, the 1840 Snuff Mill and Stone Cottage), the park offers events like "Get Up and Garden Day" (October 14)—a series of workshops, lectures, tours and talks by well-versed horticulturists. Where else but in the Bronx would you find *foeniculum vulgare* and *potentilla fruticosa* happily co-habitating? And right next door to all that flora is 265 acres of fauna at the 101-year-old **BRONX ZOO** (Bronx River Parkway at Fordham; 718-367-1010; wcs.org; $4-$9, free on Wednesday). The Congo Gorilla Forest, an award-winning re-creation of a 6 1/2 acre swath of central Africa, is their latest achievement. Through a combination of Disney genius (forest sounds, a mist-covered trail, fake elephant dung) and conservation science (the natural habitat, the content animals, the hands-on education) the entire production awes and inspires.

PLAY

With Halloween in mind, **WOODLAWN CEMETARY** (Webster Avenue & 233rd Street, Bronx; 718-920-0500) suddenly becomes a destination. This city of the dead—well, actually more a lovely, well-maintained suburb of the dead—is not so much a spooky graveyard as it is a perfectly orchestrated small town. Filled with famous New Yorkers (Irving Berlin, F.W. Woolworth, Nellie Bly, R. H. Macy), the fantastic crypts range in style from Egyptian to Empire. Hills, dales, umbrella pines and all sorts of weeping trees make this the prettiest boneyard around.

Why 'The' Bronx?

In 1639, Jonas Bronck, a Swedish sea captain left the Netherlands and purchased 500 acres of land in the New World. Here he built a house and began a farm on a tract of land between the Harlem and Aquehung Rivers. And while the Native Americans called the land "Rananchqua," the Dutch and English thought "Bronckland" sounded better. Soon thereafter the river changed from Aquehung to The Bronck's River, which became 'The' Broncks (ultimately spelled 'Bronx'), and eventually the entire area adopted the name.

emporium

TRAVEL

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TRAVEL

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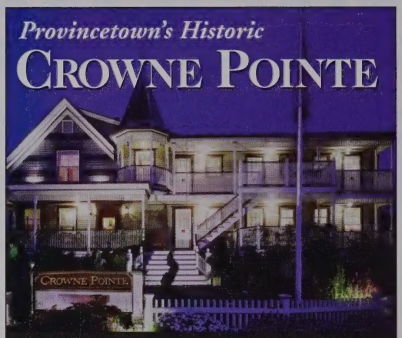

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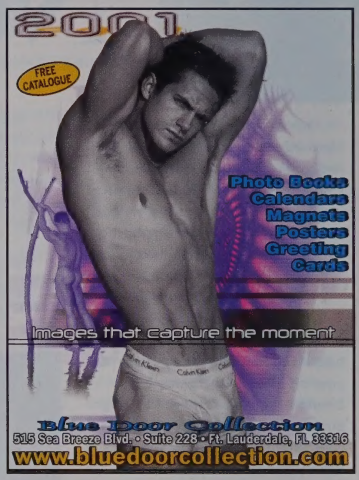

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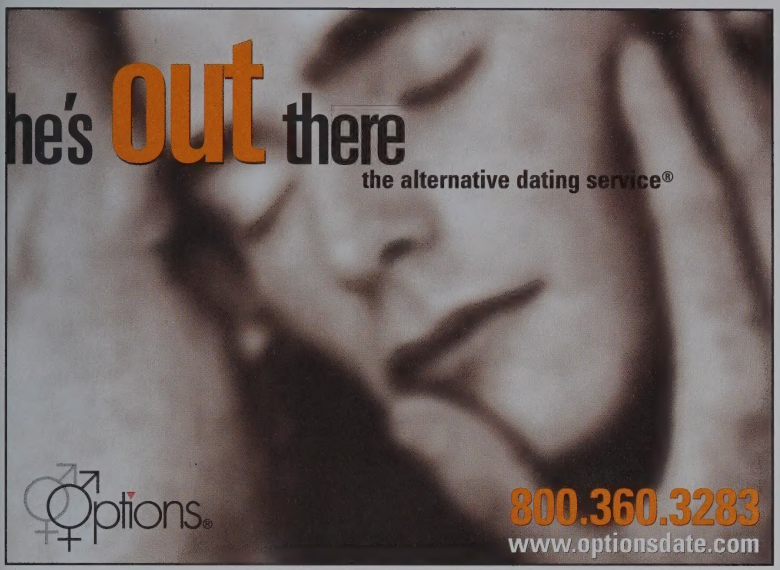

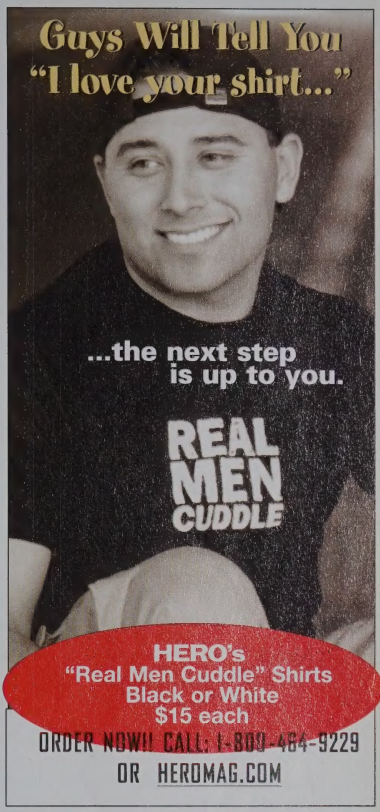

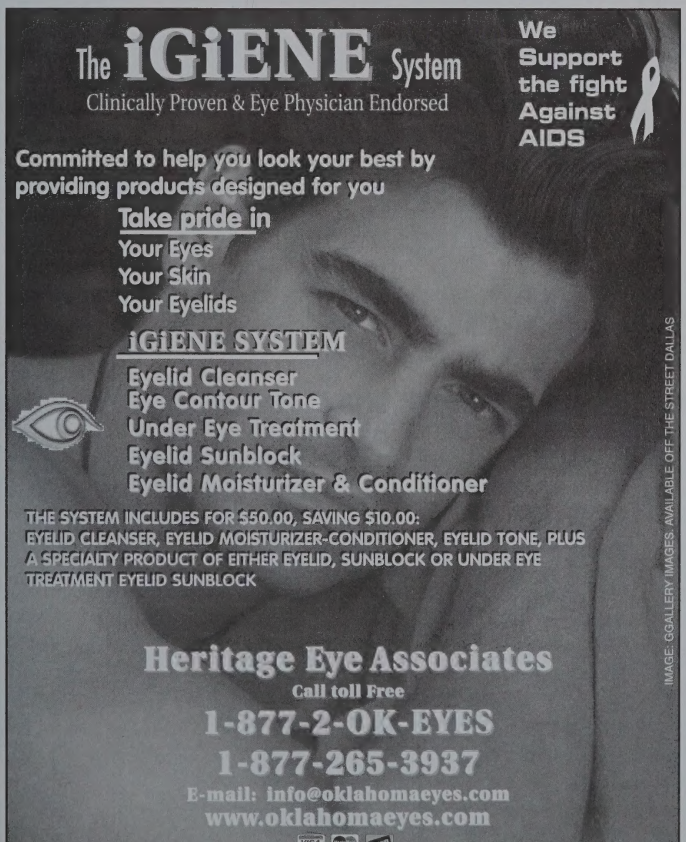
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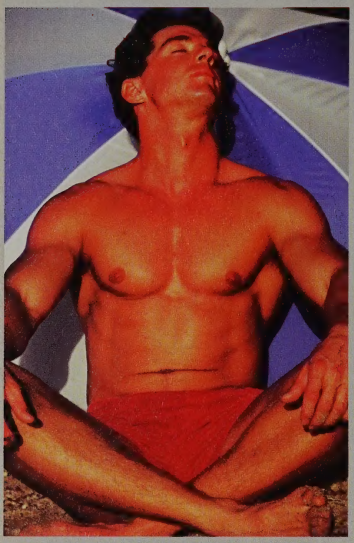

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OFFICIAL RULES: E-mail entries must be received by HERO Magazine by Nov. 30, 2000. Not responsible for lost, late, misdirected or non-deliverable e-mail. Winners of the HERO Magazine free vacation contest will be determined no later than 1/31/01. Winner selection is at the sole discretion of HERO Magazine, whose decision is final. Taxes, where applicable, are the sole responsibility of the winner. The HERO Magazine Virgin Islands Giveaway is open to U.S. Residents only who are 18 years of age or older. Employees and their immediate families of HERO Magazine are not eligible. Winner will be obligated to sign and return an Affidavit of Eligibility and release of liability within 30 days of notification. Prizes may not be redeemed for cash. HERO Magazine is not responsible for any claims, damages or losses arising in connection with the promotion or the acceptance of any prize awarded herein. Airfare and transportation arrangements are not included. The winner acknowledges that the sponsors and all participating companies do not make, nor are in any way responsible for, any warranty, representations, expressed or implied, in fact or in law, relative to the quality, condition, fitness, or merchantability of any aspects of the prize. For the winner name, send a SASE after 2/15/01 to: HERO Magazine Drawing, 451 N. La Cienega Blvd. Suite One, Los Angeles, CA 90048

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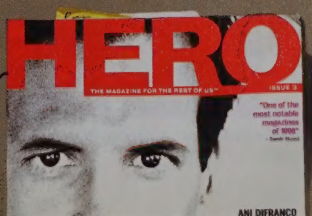

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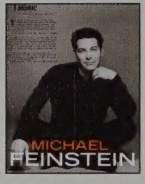

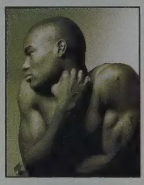

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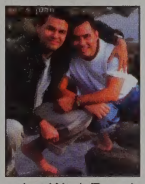

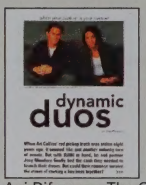

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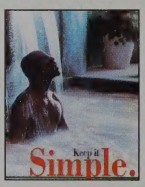

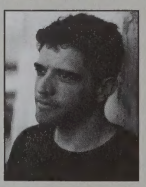

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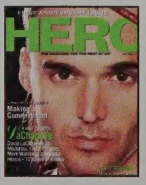

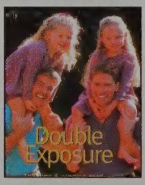

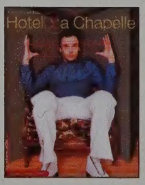

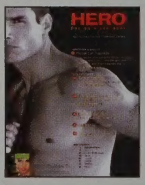

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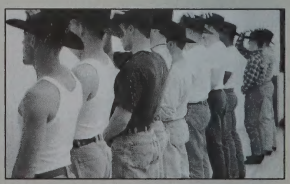

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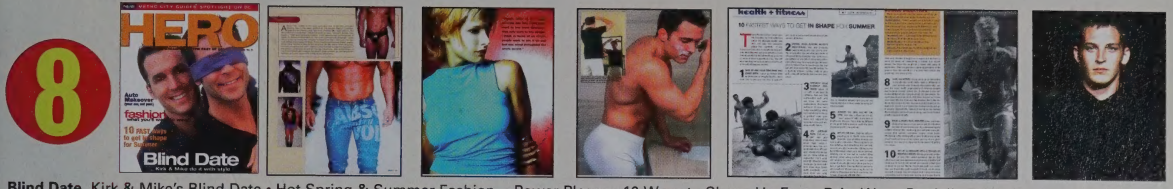

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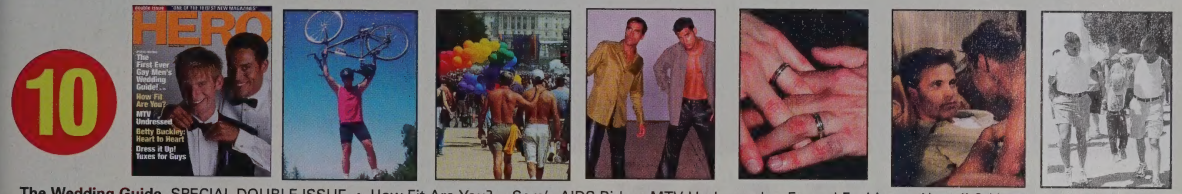

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- ★ because in 5 years as Governor of Texas, George W. Bush never publicly uttered the word AIDS
- ★ because our next President will appoint up to 3 new Supreme Court Justices — and their decisions will affect the next 20-30 years of our lives
- ★ because our goal is to register 2 million new Gay & Lesbian voters and become the single largest voting block next to women — even more powerful than the Christian Coalition
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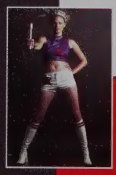

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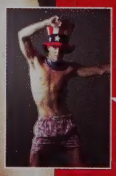

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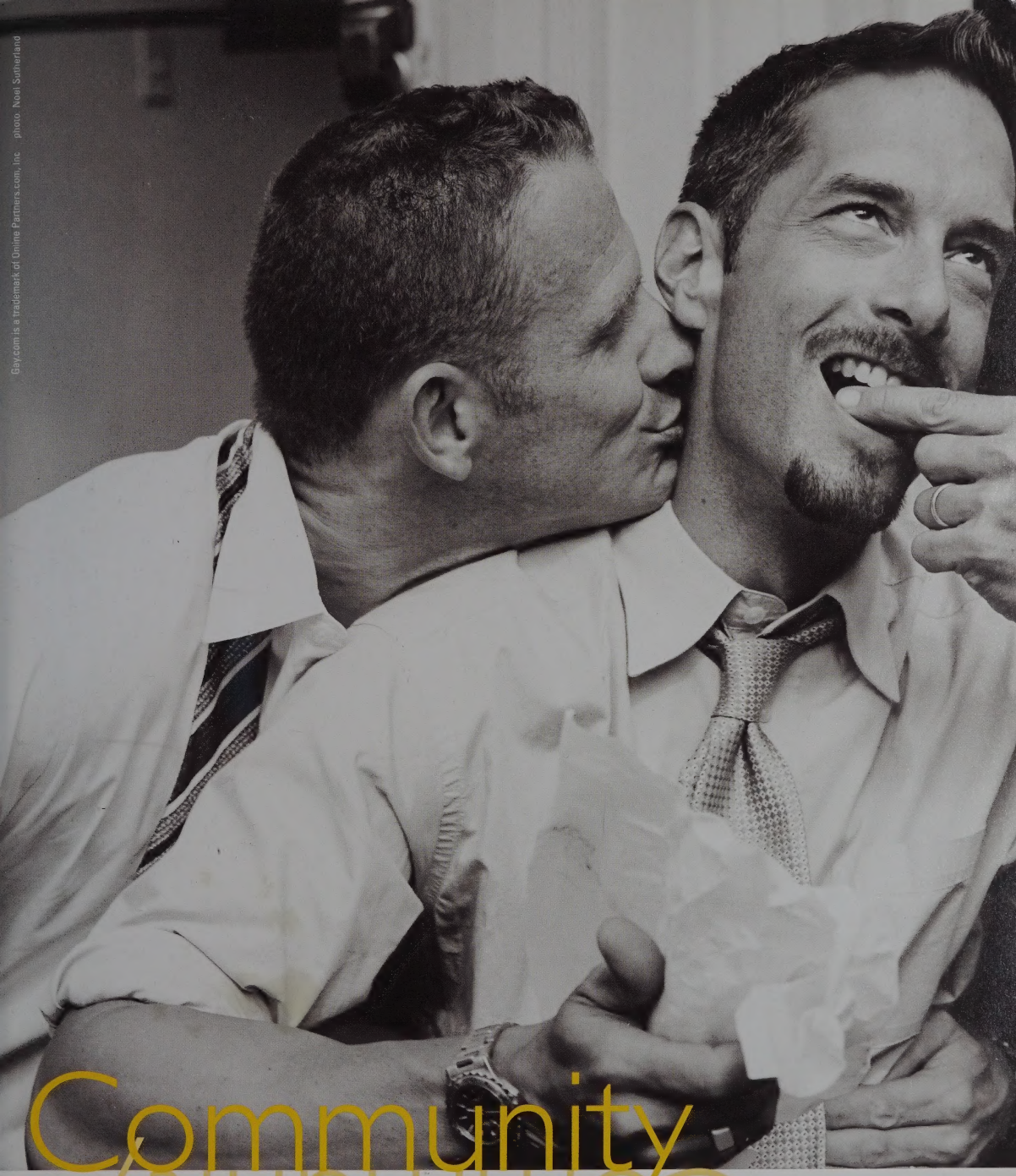

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